

HALIFAX metro



metro
**HEALTH
MIND &
BODY**
SEE PAGE 21

Howe to Crown: 'My evidence is the truth'

Defence closes case on Day 13
of sexual-assault trial **PAGE 3**

Dog who bit child won't be put down

Owner happy, but says there's
a lesson to be learned **PAGE 6**

NATURE'S THEME PARK IS SOUTH OF THE BORDER

YELLOWSTONE NATIONAL PARK COVERS 8,992
SQUARE KILOMETRES OVER THREE STATES, AND
MAY BE MORE FUN THAN DISNEYLAND. USE
METRO AR TO SEE MORE **PAGE 19**



Startup wants to get city charged up

Watt's the plan?

Free2Charge hopes
to have 500 stations
across region by 2019



HALEY
RYAN

haley.ryan@metronews.ca

A new Halifax business is hoping to enlighten those wandering around with dead cell-phones and show them what's watt.

Friends Pascal deVillers, Ben Lynds and Ken Leccese, all of whom are in their 20s, recently launched Free2Charge, which provides mobile-device charging stations at places like Casino Nova Scotia, music events and other venues where people spend long periods of time.

"A problem that everybody's starting to have is dying batteries when they're away from their car charger or their home charger," deVillers said Tuesday while standing next to the station at the casino.

He said the idea began when he and Lynds noticed more and more people coming into their Telus store to charge their phones, especially since many now have large HD screens and



From left: Ken Leccese, Pascal deVillers and Ben Lynds of Free2Charge, a new business that offers free charging of mobile devices, pose next to their charging station in the Casino Nova Scotia in Halifax on Tuesday. JEFF HARPER/METRO

quad-core processors that drain battery life.

The duo teamed up with Leccese and found an engineer to help draft a plan for their ideal station, which uses a lock-

er system as well as open charging, where you can stand next to the machine and use one of three common cords, including those used for iPhones and micro-USB devices.

"We've got a few connections within the fabrication world, but the rest of it was assembled right at our ... homes," Leccese said of turning the "raw steel frame" into a functional

machine.

"It was a learning curve every day, that's for sure."

Lynds said Free2Charge can afford to keep its service free by selling advertising on the

Sticking to their roots

"We'd like to roll this venture out right here in Atlantic Canada and see where it takes us."

Free2Charge co-founder Pascal deVillers

stations' large screens and leasing the units to businesses and organizers of big events.

Although Rogers offers charging stations at the Metro Centre, and many Canadian and international companies offer stations for purchase, the trio is confident their model will take off thanks to its quality and free locker system. You can simply leave a loonie deposit and walk away while your phone charges.

They are expecting to roll out 10 stations around HRM by the end of the summer, and would like to see a network of 500 machines in the region over the next three to five years, and ultimately have a major company use their design.

"We see most of our friends ... heading out West to make it big and we're looking to try and stay home and make Halifax kind of pop off with this new technology," said Lynds.

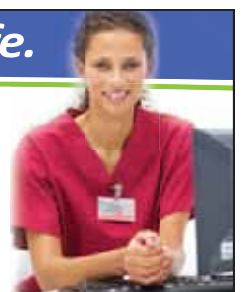
A new career. A better life.



Train to become a Medical Office Administrator.

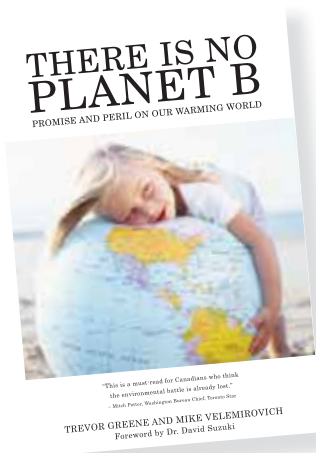
Be job ready in 52 weeks.

maritimebusinesscollege.com | 463-6700





Reduce. Recycle. Rebate.



Mike puts his money where his mouth is.

Get a **\$2000 rebate** on a
Jetta Hybrid until July 31, 2014.
Get the book at Hillcrest or Amazon.com

Hillcrest Volkswagen.
Family Driven Since 1979.



'Credibility is the big factor here': Lawyer

Court. Defence wraps up its case in Lyle Howe sexual assault trial



GEORDON OMAND
halifax@metronews.ca

Credibility and consent have emerged as the key issues in a high-profile trial against a Halifax-based lawyer accused of drugging and sexually assaulting a teenage woman in 2011.

Defendant Lyle Howe finished testifying Tuesday afternoon in his own sexual assault trial, as the defence closed its case before a 13-member jury at the Nova Scotia Supreme Court.

"This is clearly an issue of whether or not there was consent," said defence attorney Mike Taylor outside the courtroom on Tuesday, with respect to the sexual assault charge.

"Really, credibility is the big factor here."

Crown attorney Darcy MacPherson agreed consent will "absolutely" be a central issue in what the jury must decide.

Howe took the stand on Tuesday for a second day of cross-examination as the trial entered its Day 13 of testimony.

Questioning was at times heated as MacPherson pressed the defendant.

"When you're cross-examining witnesses do you ever use the term convenient to describe aspects of their memory?" asked MacPherson of the 29-year-old lawyer. He asked



Lyle Howe outside of the courtroom at Nova Scotia Supreme Court in Halifax on May 12. PATRICK MCKENNA/FOR METRO

whether Howe considered any of his own testimony "convenient."

"No," replied Howe. "My evidence is the truth."

Howe at one point objected to MacPherson's line of questioning, which prompted an order from Chief Justice Joseph Kennedy.

"Answer the question, witness," said the head of the Nova Scotia Supreme Court. "I'll de-

termine what's relevant."

One discrepancy the Crown pointed out was whether Howe had called the complainant using a blocked number, as she had earlier testified believing.

Howe originally said he had not, but eventually admitted to the court: "I'm not 100 per cent certain, but I'm fairly certain."

Howe had also testified the following day, saying she

told him she had fun the night before.

MacPherson expressed surprise about the alleged victim saying she had enjoyed herself, shortly before heading into a hospital to have a rape kit performed.

"That's unusual, don't you think?" MacPherson asked.

Howe responded by saying he would consider much of what she did as unusual.

At a glance

- The court will reconvene Wednesday afternoon to hear final arguments from both defence and the Crown. Chief Justice Joseph Kennedy is expected to charge the jury on Friday.

1 NEWS

ACE LumberMart
lumbermart.ca

DECKS

STANDARD DECK PACKAGES
From just...
\$397⁰⁰ kit
Ready-to-go Kits

POOL DECK PACKAGES
Prices for every budget
Custom Designs

"FIBERON" DECK & RAIL PACKAGES
From just...
\$1999⁰⁰ each
Never Stain Again

"NUVO IRON" DECKS
Any in stock Nuvo Iron items
10% OFF
Make your patio unique

DOCKS

FLOATING DOCKS
Starting from just...
\$799⁰⁰
6' x 12' Floating
We stock a full assortment of deck hardware and accessories

The helpful place.

2 GREAT LOCATIONS

751 Herring Cove Rd., Spryfield • 477-6500
15 Wright Ave., Burnside Park • 468-7772

NOW OPEN SUNDAYS 10am - 4pm

Sackville. Man facing charges for threatening to burn woman's car

A Middle Sackville man is facing charges after he allegedly threatened to burn a woman's car at the Cobequid Emergency Health Centre in Lower Sackville.

Halifax RCMP say a 40-year-old man showed up at the hospital on Monday evening where he got into a heated argument with a 37-year-old man receiving treatment and a 28-year-old woman. The accused left before police arrived around 10 p.m.

Police were told the man threatened to set the woman's car on fire.

"Upon further investigation

the female alleges she was assaulted in April of this year by this male," said Cpl. Scott MacRae, a RCMP spokesman. "In relation to an old assault, we ended up looking for this male and looking on Prince Street."

METRO

Charges

The 40-year-old man is charged with two counts of uttering threats, assault and uttering threats to damage personal property.

RCMP investigate. Teenage girl hit by SUV

RCMP are investigating after a 17-year-old girl was hit by an SUV driven by another teen in Cole Harbour.

Police responded to the accident on Monday afternoon on Bradorian Drive.

According to a release, police found the injured teen laying on the ground by a vehicle.

Police say the SUV had

struck the female as it was passing a parked vehicle.

The collision took off the side mirrors on both vehicles.

The victim was taken to hospital with non life-threatening injuries.

A 16-year-old male driver of the SUV stopped, and no charges have been laid as of yet.

METRO

Saga over. Missing ball python found dead in owner's apartment

The saga of the missing snake in a Brunswick Street apartment building has come to a sad end.

A release from the property management company CAPREIT issued Tuesday states

that the ball python that disappeared from its owner's apartment in one of the Ocean View Towers late last week has been found dead, "buried deep within a piece of the owner's furniture." METRO

Don't mess with these high school students

Cops-in-waiting. Students complete co-op course aimed at teaching them the ins and outs of life as RCMP officers

DESIREE FINHERT

halifax@metronews.ca

High school student Nicole Higgins already has the keen eyes and mind of a cop.

While driving on the highway she says she's quick to point out any broken headlight. She also tries to convince her friends not to text while driving and chastises her mother for driving without her purse.

"You're going to get pulled over," Higgins says about what she tells her mom. "You're going to get in trouble."

The Grade 12 student at Sir John A. Macdonald is one of 22 teens who have completed a co-op program with the RCMP in HRM.

Law-and-order-minded students from across the region were hustled through physical fitness tests, subjected to lie-detector tests, and drunk-driving and text-driving simulations all to see if they have the right stuff to wear the red serge.

They met the bomb squad, K9 Unit, dive team, criminal profilers and traffic cops.

"It was very eye-opening," Higgins said after she recently drove a golf cart around Grandview Golf and Country Club while texting.



RCMP Chief Supt. Roland Wells, left, presents a certificate to Mackenzie Monks for completing a high school RCMP course at RCMP headquarters in Burnside on Tuesday. JEFF HARPER/METRO

Quoted

"I have first-hand experience, being at the golf course, trying to drive around pylons while texting and concentrating on what you have to say. I hit a lot of pylons." Nicole Higgins, Grade 12 student at Sir John A. Macdonald

"It's really hard to do. I have first-hand experience, being at the golf course, trying to drive around pylons while texting and concentrating on what you have to say. I hit a lot of pylons."

As the students were

trained like cadets, RCMP Chief Superintendent Roland Wells predicts they have a greater likelihood of becoming officers.

RCMP needs 960 recruits nationally next year, but on average only one in 15 appli-

cants will get the job.

Mackenzie Monks, a Grade 12 student at Cole Harbour District High School, says he'll be one of those applicants — and he's trying to improve his odds.

"I have a lot of friends that do things I wouldn't consider good for wanting to join the RCMP," said Monks, who receiving his certificate for completing the course at RCMP headquarters in Burnside on Tuesday. "I'm trying to get away from them, or trying to stop it so I can hang out with them."

HN

Harris Newton Law

902.444.7811
harrisnewtonlaw.ca

Need to Speak with Someone About:

- Immigration Law
- Corporate/Commercial Law
- Employment Law

Call Beth Newton or Stephan Jedynak for advice.

TOP SIX@6 Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Ed Sheeran Sing
- 5 Ariana Grande ft Iggy Azalea Problem
- 4 John Legend All Of Me
- 3 DJ Snake ft Lil John Turn Down For What
- 2 Iggy Azalea Fancy
- 1 Calvin Harris Summer

101.3 THE BOUNCE

1013TheBOUNCE.com | info@1013thebounce.com

PUT THE SMART BACK IN YOUR PHONE...

Download the FREE Metro app today!

metro

Students learn to think green

Energy-saving initiative. School board asking students to think enviro-friendly

DESIREE
FINHERT
halifax@metronews.ca

Saving the world is about changing minds and changing habits.

Grade 5 and 6 students at Duc d'Anville Elementary School know how to turn off a light or close a window, but their campaign involves inspiring these habits in their peers, parents and community.

"When you leave school, people can just remember 'Lights off, green on,'" said Jacqueline Coleman, 11, who penned the campaign slogan with classmate Myah Bowley, 12.

The two designed a logo which will be used across the Halifax Regional School Board as branding for its energy saving initiative.

The board is investing \$34 million of provincial money into energy efficiency upgrades and retrofits in 90 schools over four years. This includes switching schools over to natural gas, efficient lighting, energy meters, heating and controls, and meters showing real-time use. Work started last year at about 30 schools and more will be added over the next three years. The upgrades are expected to save \$2 million annually.

Efficiency Nova Scotia says the board will recoup the cost of the investment years before another hardware upgrade is needed. Other savings are also anticipated.

"There will be increased awareness, spillover effects and behavioural changes that will come about," said Sarah Mitchell, efficiency specialist with Efficiency Nova Scotia. "And you will see that those savings will increase as a result of that."

Now that the hardware is being installed, school board spokesperson Doug Hadley says they need to inspire kids to use it.



Grade 5-6 teacher Robin MacLean, right, accepts an award with her students Jacqueline Coleman, left, and Myah Bowley at Duc d'Anville Elementary School on Tuesday. The students helped design a logo and slogan for a new energy savings campaign for the Halifax Regional School Board. JEFF HARPER/METRO

Emera Oval to reopen this weekend for skaters to start up the summer season



Teams compete in a street hockey tournament at the Emera Oval last summer. JEFF HARPER/METRO

The Emera Oval will be back in business for summer activities this weekend.

A release from HRM states the track will reopen on Saturday, with a scheduled public inline and roller skate from 2 p.m. to 4 p.m. and again from 5:30 p.m. to 8:30 p.m.

Residents can borrow skates and any other required safety gear during these scheduled events as long as they have govern-

ment-issued photo ID.

Equipment cannot be reserved and will be given out on a first-come, first-come basis.

Anyone with their own equipment can use the oval any time, but they must wear a helmet.

An online schedule and reservation form for anyone wanting to book a birthday party or group event is online at halifax.ca/skatehrm.

METRO

Real estate. Chinese firm proposes major move into rural Nova Scotia

A Chinese real estate firm says it is planning a major residential real estate development in northeastern Nova Scotia.

Dongdu International Group of Shanghai says it is applying to the Municipality of the District of St. Mary's for approval to proceed with a project on 1,300 hectares of land.

Stephen Dempsey, a Halifax-based spokesman for the firm, says the company is

considering building between 500 and 1,000 units. Dempsey says the development may involve an investment of up to approximately \$1 billion and construction could begin this summer if government approvals are obtained.

He says one of the company's goals is to attract high-income Chinese residents to purchase the properties as an investment and part-time residence. THE CANADIAN PRESS



Nova Scotia

MULTICULTURAL Festival

Presented by





June 15-22, 2014

CELEBRATING
30
YEARS

www.multifest.ca
















Dog who bit four-year-old child reunited with loving owners

'I am just overwhelmed and happy.' A fund has been set up to help pay for the insurance the dog now requires

Stormy and her puppies have been returned to her family after spending two weeks in the Shelburne municipal dog pound, her fate uncertain.

"I am just overwhelmed and happy," said Claire Brown, Stormy's owner.

Earlier this month, a neighbouring four-year old child in Roseway Park wandered into the dog's yard and the six-year-old beagle mix bit him, causing puncture wounds and bruising to his face.

Seized by the Municipality of the District of Shelburne, the dog's fate was in question.



Josh Brown, 14, touches his newly returned dog's paw on Tuesday afternoon. SHELBURNE COAST GUARD

It was later determined that Stormy was pregnant and that may have been a contributing factor to the attack.

The child's mother has since been the focus of many negative comments on so-

cial media and on comment boards on news sites, but the dog's owner called for understanding.

"I do not agree with anyone being that hard on her," said Brown.

The fenceless backyard of Brown's home has since been transformed with beware of dog signs and a giant pen built by Brown's teenage son, Josh.

Josh had built the structure

over the weekend in an effort to have the dog returned.

"I was happy," said Josh, on getting his family pet back. "I was worried things were going to be worse."

He said all of the puppies

Quoted

“Everyone is OK, and that is what is important ... in my eyes. No one is to blame.”

Claire Brown, Stormy's owner, on her dog biting a child

have been spoken for.

Brown was amazed by the community support she received. A fund has been set up to help pay for the insurance the dog now requires and for Stormy to be spayed.

"I was overwhelmed that strangers could be so supportive," she said. "I want to thank everyone for their support."

She hopes there will be no residual hard feelings with her neighbour.

"No one knows what actually happened," she said. "Let this be a lesson to all of us."

SHELBURNE COAST GUARD

[illegible]

NEW

SPRING BONUS: ELIGIBLE OWNERS RECEIVE UP TO \$1,500^{**}

CHEVROLET
FUELED UP

NOW YOU SAVE EVEN MORE ON GAS.
OUR MOST FUEL EFFICIENT LINEUP EVER^{††}

PLUS A GAS CARD.

0% FINANCING FOR 84 MONTHS/
LEASING FOR 60 MONTHS
ON SELECT MODELS*

40¢ OFF/LITRE GAS CARD[†]
ON ALL MODELS

PREMIUM FEATURES WITHOUT THE PREMIUM PRICE

2014 CRUZE LT AIR & AUTO

- 6-SPEED AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- TURBOCHARGED ECOTEC® ENGINE
- CRUISE CONTROL
- POWER WINDOWS, LOCKS, MIRRORS & REMOTE KEYLESS ENTRY
- BEST-IN-CLASS SAFETY* WITH 10 STANDARD AIRBAGS
- SIRIUS XM RADIO™

54 MPG**
HWY: 5.2L/100 KM
CITY: 7.8L/100 KM

CRUZE LTZ SHOWN

LEASE BI-WEEKLY FOR
\$99 @ 0%
FOR 48[‡] MONTHS

\$995 DOWN PAYMENT / \$0 SECURITY DEPOSIT.

40¢ OFF/LITRE GAS CARD[†]

ALL 2014s COME WITH

CHEVROLET | COMPLETE CARE

PLUS 2 YEARS COMPLIMENTARY OIL CHANGES^{**}

FINAL MONTH! ENDS JUNE 2ND

Student Bonus

Save up to \$750 on an eligible new GM Vehicle! ■■

OnStar

TO GUARANTEE OUR QUALITY, WE BACK IT

160,000-KM/5-YEAR POWERTRAIN WARRANTY

Whichever comes first. See dealer for limited warranty details.

ATLANCICCHEVROLET.CA

Cyber safety. Education campaign takes on girls' 'hypersexualization'

A public education campaign that began four years ago in Atlantic Canada on cyber safety for girls has added a section to educate girls about images that depict women as sexual objects.

The Atlantic ministers responsible for the status of women met in Charlottetown Tuesday to announce a new addition to the website set up to promote online safety for girls.

The website now includes information about the effects that the depiction of women and girls as sexual objects can have on self-esteem, self-confidence and self-image.

Valerie Docherty, the minister responsible for the status of women in Prince Edward Island, says "hypersexualization" can be an uncomfortable topic but it's important to have the conversation. **THE CANADIAN PRESS**

Police search

Mounties come to rescue of trapped ducklings

Talk about lucky duckies.

There was a lot of commotion in the north end of Yarmouth on Tuesday afternoon, and it could be directly attributed to a mother duck whose squawking caught the attention of some passersby near the foot of Huntingdon Street.

It was obvious the duck was agitated. Her 11 ducklings had fallen through the grate of a storm sewer.

A person who was driving by stopped their truck and removed the grate from the hole. Soon after the RCMP arrived on the scene.

Among them was off-duty officer Const. Gary



A mother duck reunited with her ducklings after they were saved from a storm sewer Tuesday.

KATHY PAGE/YARMOUTH VANGUARD

Bartlett, who happened to be at the Yarmouth town detachment when the call for help came in.

"The detachment assistant said, 'Gary, there's some ducks stuck in a drain. Can you go get them out?' And I said, 'Yeah, I'd be glad to,'" he explains.

"I think I was the only one with arms long enough to reach," he says, talking about being the one to lay on the ground and climb partially into the hole to pull out the baby ducks.

YARMOUTH VANGUARD

ECBC CEO getting axed

Report. Patronage investigation led to decision to fire John Lynn, say feds

The federal government says it is firing the suspended CEO of Enterprise Cape Breton Corp. after a report tabled Tuesday in the House of Commons concluded that he breached the Crown agency's code of conduct by hiring four people with ties to the federal Conservatives and Nova Scotia Progressive Conservative party.

A spokeswoman for Rob Moore, the minister of state for Enterprise Cape Breton Corp., did not respond to an interview request but sent a statement saying John Lynn will be dismissed following the report by the federal integrity commissioner.

"I have taken steps to terminate Mr. Lynn's employment," Moore said in the statement.

"I accept the public-sector integrity commissioner's findings and ECBC has already implemented his recommendations."

In his report, Mario Dion said Lynn hired four people in 2009-10 without showing that there was a formal hiring process or that their appointments were based on merit.

Without a comprehensive explanation from Lynn, the integrity commissioner determined there was an element of deliberateness to his actions that could reasonably be



John Lynn, the CEO of Enterprise Cape Breton Corp., is losing his job over four hirings he made that were deemed to violate the agency's code of conduct. CAPE BRETON POST

Lynn's hirings

Liberal MP Roger Cuzner provided to The Canadian Press a copy of a letter Dion addressed to him that says the four people who were hired were:

- Ken Langley, a defeated Nova Scotia Progressive Conservative candidate.
- Robert MacLean, a former executive assistant to former

provincial Tory cabinet minister Cecil Clarke.

- Allan Murphy, a former chief of staff to federal cabinet minister Peter MacKay.
- Nancy Baker, who worked for MacKay both prior to and following her term at Enterprise Cape Breton Corp.

expected to create a perception of patronage within the

federal public sector, Dion's report says.

Dion told a news conference that his investigators talked with representatives for Lynn more than once but he was bound by the law governing his office from revealing what was discussed.

"We came to the conclusion that there was wrongdoing in spite of the representations made by Mr. Lynn's representatives," he said.

Dion launched his investigation last year after the Liberals filed a complaint alleging Lynn did not follow proper procedures when he made the hires.

THE CANADIAN PRESS

ENERGY JUNE 21, 2014

103.5 90's AND NOW

ALDERNEY LANDING

HARBOURJAM

ENERGY 103.5 90's AND NOW

FEATURING FAT JOE

'Every share made the difference'

Trois-Rivières, Que.

Parents grateful after spread of Amber Alert on social media leads online sleuths to help locate missing baby

The mother of a day-old infant snatched from a Quebec hospital says she's grateful to everyone who helped bring home her baby — especially the group of people who used social media to hunt down the alleged kidnapper.

Police issued an Amber

Quoted

"I don't realize it (yet), I'm just a person like (anybody else) and I saved a life."

Charlene Plante, one of the four online sleuths who helped find baby Victoria

Alert on Monday night after the newborn was abducted from the mother's hospital room in Trois-Rivières by a woman allegedly wearing scrubs and posing as a nurse.

The alert, which included a security-camera photo of the suspect and a description of her car, was splashed across mainstream and social media within minutes.

Four young locals wasted little time picking up the cause and guided police to the woman's home, where officers found the baby safe three hours later. Police also arrested a woman in her early 20s in connection with the kidnapping.

"Every click, every share made the difference," Melissa McMahon, the infant's mother, wrote Tuesday in a post on her Facebook page.

"Four marvellous people, whom we had the chance to meet, identified this woman thanks to Facebook ... We felt a huge amount of support from the public. This victory is for

you, too!!!"

The online detectives who helped find baby Victoria were identified as Charlene Plante, Marc-Andre Cote, Sharelle Bergeron and Melizanne Bergeron.

Melizanne Bergeron told reporters Tuesday in Trois-Rivières that she came across the information about the kidnapping on Facebook and showed the photo of the suspect to her friend Plante, who realized the woman was her neighbour.

She said they spotted the vehicle described in the alert parked outside the building, saw signs that someone was inside and called police. Officers, she added, arrived on the scene quickly and broke down the woman's door.

"Thirty seconds after, the baby was in the hands of the police," said Melizanne Bergeron, who touched Victoria as the officer cradling her walked past. "It was the best moment in my life. We were crying."

THE CANADIAN PRESS



Melissa McMahon and Simon Boisclair hold their daughter Victoria in this photo posted on Boisclair's Facebook page. McMahon used Facebook to thank everyone who helped bring home her baby, who was snatched from a Quebec hospital, especially the people who used social media to track down the alleged kidnapper. FACEBOOK/THE CANADIAN PRESS



Become a CCA, earn a \$2,000 bursary and get a guaranteed job!

Hands-on training, instruction from industry professionals, and the small class sizes at the Centre for Health Studies, will prepare you for a rewarding career as a Continuing Care Assistant in 9 months!

Northwood will be offering \$2,000 CCA tuition bursaries to selected students enrolling in the **July CCA class**. We guarantee employment following the course in exchange for agreeing to work with us for one year.

Come to our joint Open House

Thursday, May 29, 4:00 - 6:00 p.m.
1577 Barrington Street, Halifax

429-7373

www.techealthstudies.net
www.nwood.ns.ca



Labour

Restaurateurs call foreign-worker ban the industry's 'No. 1 crisis'

A lobby group for Canadian restaurants is calling on the federal government to immediately end the moratorium on temporary foreign workers in their industry.

About two dozen restaurant owners who are members of Restaurants Canada made the call Tuesday during a meeting in Charlottetown.

Restaurants Canada CEO Garth Whyte says the moratorium — in place almost a month — has created a labour shortage in the industry. The moratorium bans restaurants from hiring temporary foreign workers.

"This is a major, No. 1 crisis," Whyte told a news conference in Charlottetown, P.E.I.

"It's having a negative impact not only on business owners but on their employees and on their customers.... We need the government to act now."

The group is requesting an emergency meeting with Prime Minister Stephen Harper. THE CANADIAN PRESS



Twister tears through N.D. oilfield workers' camp

A man walks past trailers on Tuesday in Watford City, N.D., that were destroyed by a tornado. Authorities say several people were injured and over a dozen trailers were damaged or destroyed Monday evening when the twister tore through a camp where oilfield workers stay. JOSH WOOD/THE ASSOCIATED PRESS



DEALER INVOICE PRICING*

+ 0%[†] FINANCING

HURRY! INVOICE PRICING ENDS MAY 31ST

*Dealer is reimbursed a holdback amount included in invoice price by the manufacturer for each vehicle sold.

2014 ELANTRA L

DEALER INVOICE PRICE: **\$16,397[†]**

OWN IT FOR **\$79** BI-WEEKLY PAYMENT

PLUS WITH **0%[†]** FINANCING FOR 96 MONTHS

AND **\$0** DOWN

ELANTRA L MANUAL. DEALER INVOICE PRICE INCLUDES \$1,197 IN PRICE ADJUSTMENTS*, DELIVERY AND DESTINATION.

HWY: 5.3L/100 KM
CITY: 7.6L/100 KM*

Limited model shown*
Selling Price: \$23,799

5 YEAR WARRANTY

100,000 KM COMPREHENSIVE LIMITED WARRANTY**



HWY: 5.3L/100 KM
CITY: 7.5L/100 KM*

2014 ACCENT 4-DOOR L

DEALER INVOICE PRICE:

\$14,361[†]

PLUS

OWN IT FOR **\$69** BI-WEEKLY PAYMENT

WITH **0%[†]** FINANCING FOR 96 MONTHS

AND **\$0** DOWN

ACCENT L 4-DOOR MANUAL. DEALER INVOICE PRICE INCLUDES \$783 IN PRICE ADJUSTMENTS*, DELIVERY AND DESTINATION.

GLS model shown*
Selling Price: \$19,279



HWY: 7.3L/100 KM
CITY: 10.2L/100 KM*

2014 SANTA FE SPORT

DEALER INVOICE PRICE:

\$27,278[†]

PLUS

OWN IT FOR **\$136** BI-WEEKLY PAYMENT

WITH **0.9%[†]** FINANCING FOR 96 MONTHS

AND **\$0** DOWN

SANTA FE SPORT 2.4L FWD. DEALER INVOICE PRICE INCLUDES \$1,316 IN PRICE ADJUSTMENTS*, DELIVERY AND DESTINATION.

Limited model shown*
Selling Price: \$38,448

PLUS GET 0%[†] FINANCING FOR 96 MONTHS

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty**
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty



HYUNDAI
HyundaiCanada.com

NEW THINKING.
NEW POSSIBILITIES.™



™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. *Finance offer available O.A.C. from Hyundai Financial Services based on a new 2014 Elantra L 6-Speed Manual/Accent 4-Door L Manual/Santa Fe Sport 2.4L FWD with an annual finance rate of 0%/0%/0.9% for 96 months. Bi-weekly payments are \$79/\$69/\$136. \$0 down payment required. Cost of Borrowing is \$0/\$0/\$1,004. Finance offer includes Delivery and Destination of \$1,595/\$1,595/\$1,795. Any dealer admin fees, registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. †Dealer Invoice Price of 2014 Elantra L 6-Speed Manual/Accent 4-Door L Manual/Santa Fe Sport 2.4L FWD are \$16,397/\$14,361/\$27,278. Prices include price adjustments of \$1,197/\$783/\$1,316 and includes Delivery and Destination of \$1,595/\$1,595/\$1,795. Any dealer admin fees, registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. The customer prices are those reflected on the dealer invoice from Hyundai Auto Canada Corp. The dealer invoice price includes a holdback amount for which the dealer is subsequently reimbursed by Hyundai Auto Canada Corp. ‡Price adjustments are calculated against the vehicle's starting price. Price adjustments of up to \$1,197/\$783/\$1,316 available on in stock 2014 Elantra L 6-Speed Manual/Elantra GT L 6-Speed Manual/Accent 4-Door L Manual/Santa Fe Sport 2.4L FWD. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ♦Price of models shown (with Price Adjustments): 2014 Elantra Limited/ Accent 4 Door GLS/Santa Fe 2.0T Limited AWD are \$23,799/\$19,279/\$38,448. Prices include Price Adjustments of \$1,445/\$1,133/\$2,446. Delivery and Destination charges of \$1,595/\$1,595/\$1,795 fees, levies, and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA and license fees. ▼Fuel consumption for new 2014 Elantra L Manual (HWY 5.3L/100KM; City 7.6L/100KM); 2014 Accent 4-Door L (HWY 5.3L/100KM; City 7.5L/100KM); 2014 Santa Fe Sport 2.4L FWD (HWY 7.3L/100KM; City 10.2L/100KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ††♦Offers available for a limited time. Dealer may sell for less. Dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

Top commander disturbed by sex assault claims

Commons defence committee. Military brass grilled after magazine story says harassment at epidemic levels

The country's top military commander has been called on the parliamentary carpet to answer questions about reports of sexual violence in the military.

Gen. Tom Lawson, the chief of defence staff, was grilled Tuesday by the Commons defence committee about a recent magazine report that claimed sex assaults within the ranks are at an epi-

demic level.

The story, published by Maclean's and L'actualité magazines, interviewed several victims and examined a decade's worth of statistics documenting reported attacks.

Lawson told the committee he found the allegations disturbing, and acknowledged the courage of those victims who spoke out.

An internal review carried out since the claims were first reported last month has identified "some barriers" that prevent alleged victims from coming forward, he testified.

Lawson said an independent review from outside the military is being organized, one that will have the authority to interview military members and could potentially

The exposé

The magazine story said military police get as many as 200 complaints of sexual assault each year, with many more cases going unreported by victims who fear the potential consequences from within the military hierarchy.

uncover fresh allegations of assault.

But he said he does not accept the notion that sexual violence and harassment are part of military culture, citing a recent internal survey that suggested harassment of all kinds has been declining steadily over the last decade.

THE CANADIAN PRESS



Dozens killed in Donetsk

People carry sandbags to set up a shooting position as a pro-Russian gunman watches on the road leading from the airport to Donetsk, Ukraine, Tuesday. The city was in turmoil Tuesday, a day after government forces used fighter jets to stop insurgents from taking over the airport. Donetsk's mayor said 40 people were killed in Monday's fighting, while rebel leaders said the death toll could be as many as 100. VADIM GHIRDA/THE ASSOCIATED PRESS

Youths arrested for video

Iranians should be free to be Happy: Pharrell

Pharrell Williams says everyone should be able to celebrate their joy — including Iranian youths who were



Pharrell Williams
THE ASSOCIATED PRESS

arrested for posting an Internet video of them dancing to his song Happy.

Some in Iran see the video as promoting the spread of Western culture. Iranian laws ban women from dancing in public or appearing outside with heads uncovered.

Williams says he has "the utmost respect for people's religious views" and doesn't know much about Iranian law.

But he added: "The present is a gift, and if you just want to celebrate your happiness, you should be allowed to do that."

THE ASSOCIATED PRESS



Introducing the New Nissan Micra

It's a little different

\$9,998 OMG MSRP*

DESTINATION INNOVATION

*See dealer for details.



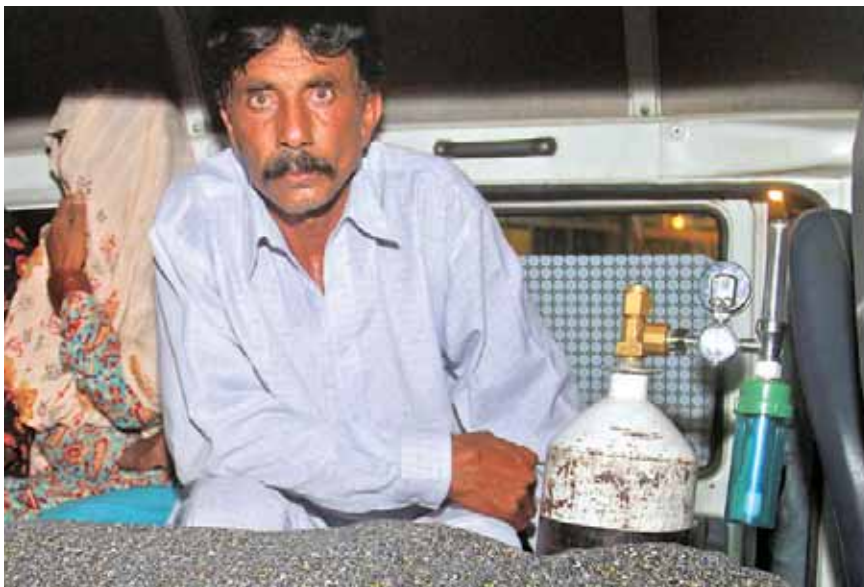
O'REGAN'S
DRIVING HIGHER STANDARDS

NISSAN
HALIFAX
DARTMOUTH

HALIFAX
3461 KEMPT ROAD
902-453-2020

DARTMOUTH
60 BAKER DRIVE, UNIT C
902-469-8484

WWW.OREGANSNISSAN.COM



Mohammad Iqbal, 45, sits in an ambulance next to the body of his pregnant wife, Farzana Parveen, 25, who was stoned to death by her own family in Lahore, Pakistan, on Tuesday. K.M. CHAUDARY/THE ASSOCIATED PRESS

Pregnant woman stoned to death

'Honour killing.' 20 members of woman's family attack couple outside court in Lahore

A pregnant woman was stoned to death by her own family in front of a Pakistani high court on Tuesday for marrying the man she loved.

Nearly 20 members of the woman's family, including her father and brothers, attacked her and her husband with batons and bricks in broad daylight before a crowd

Quoted

"We were in love."

Mohammad Iqbal, husband of Farzana Parveen

of onlookers outside the high court of Lahore, police investigator Rana Mujahid said.

Hundreds of women are murdered every year in Muslim-majority Pakistan in so-called "honour killings" carried out by husbands or relatives as a punishment for alleged adultery or other illicit sexual behaviour, but public stoning is extremely rare.

Mujahid said the woman's father has been arrested for murder and that police were working to apprehend all those who participated in the "heinous crime."

Another officer identified the slain woman as Farzana Parveen, 25, and said she had married Mohammad Iqbal against her family's wishes.

Her father, Mohammad Azeem, had filed an abduction case against Iqbal, which the couple was contesting, her lawyer Mustafa Kharal said. He confirmed that she was three months' pregnant.

THE ASSOCIATED PRESS

Bosnia

Flood reveals human remains

Last week's record flooding in Bosnia has uncovered human remains experts believe belong to people who went missing during the country's 1992-95 war.

Lejla Cengic of Bosnia's Institute for Missing Persons said Tuesday that teams fixing power lines discovered the remains near the northern town of Doboj. Nearly 30,000 people went missing during the Yugoslav wars of the 1990s. One third of them have been found in mass graves, mostly in Bosnia. THE ASSOCIATED PRESS

Obama's plan. 9,800 troops to remain after war ends in Afghanistan

President Barack Obama will seek to keep 9,800 U.S. troops in Afghanistan after the war formally ends later this year and then will withdraw most of those forces by 2016, senior administration officials said Tuesday.

Obama's decision is largely in line with what military commanders have been seeking and will allow the president to fully end the American-led military effort by the time he leaves office.

The two-year plan is contingent on the Afghan government signing a bilateral

security agreement with the U.S. While current Afghan President Hamid Karzai has declined to sign the agreement, U.S. officials are confident that either of the candidates seeking to replace him would approve it.

The plan calls for the U.S. military to draw down from its current force of 32,000 to 9,800 by the start of next year. Those troops would be dispatched throughout Afghanistan and focus on counterterrorism missions and training Afghan security forces.

THE ASSOCIATED PRESS

.....
**SPRING IS
SHORT AND SWEET.**
.....
LIKE OUR DUNGENESS CRAB EVENT.

Spring is here and with it comes our sweet Dungeness Crab, so come in before it's gone.



THE KEG
STEAKHOUSE + BAR

kegsteakhouse.com

Dungeness Crab. On now at The Keg until June 15th.



WAITING TO BOOK THAT FLIGHT TO EUROPE?
Now is the time, Halifax!
Save **\$100** off flights to our top European destinations*

INCLUDING: Amsterdam | Copenhagen | Frankfurt | Glasgow | London | Oslo | Paris | Stockholm

TO SAVE \$100 ENTER CODE YHZ100 WHEN YOU BOOK ONLINE AT ICELANDAIR.CA



*This offer is only available on Icelandair flights from Halifax to select destinations in Europe and must be booked by May 31st. The Iceland stopover option is not permitted with this offer.



A rite of spring to bring business prosperity

Shinto priests in ritual clothing perform a ceremonial rite for an annual festival at the Hanazono Shinto Shrine in Tokyo on Saturday. The shrine is famous for business fortune and good health.

EUGENE HOSHIKO/THE ASSOCIATED PRESS

Dream of owning a home? Keep dreaming

RBC study. Home ownership is seeming more like fantasy as reality of high prices and interest rates hits home

It's becoming increasingly difficult for families to own a home in Canada and affordability is only expected to get worse going forward, according to the Royal Bank of Canada.

With house prices continuing to rise, RBC said its affordability index deteriorated in the first quarter of this year

Home! Sweet (pricey) home!

Nationally, the index rose by 0.1 points to 43.2 per cent for detached bungalows and 0.3 points to 49.0 per cent for two-storey homes, while the measure for condos dipped 0.1 points to 27.9 per cent.

- The Atlantic region remained relatively soft with declines of 0.4 points to 31.2 and 25.9 per cent for bungalows and condos respectively. The index rose a modest 0.2 points to 36.2 per cent for two storey-homes.

— the third quarter that has happened out of the last four — with the deterioration particularly acute in the hot markets of Toronto, Calgary and Vancouver.

And RBC chief economist Craig Wright says keeping up

with the cost of home ownership in the future is likely going to be an even bigger stretch for households.

"If prices continue to accelerate in key Canadian markets in the near term, affordability could come under pressure,"

the report points out.

"The eventual normalization of monetary policy will lead to substantial increases in interest rates over the medium term, which could be too much for other affordability determinants to counteract," it adds.

The affordability index measures the percentage of pre-tax household income that is needed to service the cost of owning a home at current market prices, including payments for a mortgage, utilities and property taxes. A reading of 50 per cent means service costs swallow up half of a household's pre-tax income. **THE CANADIAN PRESS**

Big Bucks? New, from the latte people: Burgers!

Starbucks is dipping its toe into the burger business, with plans to open an outpost of its La Boulange chain that caters to the dinner crowd.

A spokeswoman for Starbucks, Linda Mills, said the Los Angeles restaurant is scheduled to open June 11 and will be open until 10 p.m.

It will also serve beer, wine, cocktails and milkshakes.

Starbucks Corp. had purchased the La Boulange chain of bakery-café in 2012.

The cafés are based in the San Francisco Bay Area and focus on breakfast and lunch with soups, salads and sandwiches. **THE ASSOCIATED PRESS**

Canada

Big banks agree to expand low and no-cost services

The country's eight largest banks have agreed to expand low-cost and no-cost banking services for Canadians, Finance Minister Joe Oliver announced Tuesday.

THE CANADIAN PRESS

Study

Fighting blight in Detroit would cost \$850 million

Removing blighted residential properties, lots and vacant commercial structures that have plagued Detroit neighbourhoods for decades would cost \$850 million US, a task force said Tuesday.

THE ASSOCIATED PRESS

Executive pay

Here are the three highest-paid CEOs of 2013, as calculated by The Associated Press and Equilar, an executive pay research firm:

1 Anthony Petrello, Nabors Industries, \$68.2 million US, up 246 per cent

2 Leslie Moonves, CBS, \$65.6 million, up 9 per cent

3 Richard Adkerson, Freeport-McMoRan Copper & Gold, \$55.3 million, up 294 per cent

Market Minute

DOLLAR
92.07¢ (-0.01¢)

TSX
14,658.02 (-57.67)

OIL
\$104.11 US (-\$0.24)

GOLD
\$1,265.50 US (-\$26.20)

Natural gas: \$4.50 US (+\$0.10)
Dow Jones: 16,675.50 (+69.23)

Credit Issues?
WE CAN GET YOU PRE APPROVED TODAY!

For more information visit our website:

www.preapprovednovascotia.ca

PRE
Approved
NOVASCOTIA

Do you know why a mortgage document is so big?

It's because there's a lot more in it than just the rate.

Why lowest isn't always best.

Don't get us wrong. A low rate is great. But most low rate mortgages come with restrictive terms that could keep you in your mortgage longer than you'd like. Which means paying interest longer than you'd like. So, instead of thinking about the cost of your mortgage in rate terms, think about it in dollar terms. For example, how much interest will you pay over the life of your mortgage?

How restrictive terms cost you in the end.

The key to saving interest costs is having the flexibility to increase payments or make extra payments. With rates as low as they are, regular lump sum and increased payments will save you more interest over the life of your mortgage. Even more than switching to bi-weekly payments!†

Good advice is worth its weight in gold.

Locking in at today's low rates might be right for you. But keep in mind that small changes can make a big difference in helping you become mortgage-free faster so keeping that flexibility is essential.

So how can we offer a rate this low with the benefits you want?

Since we refuse to overload our mortgages with restrictions and we insist on giving people competitively low rates, the only way we can do it is for a limited time.

SPECIAL OFFER MORTGAGE RATE

2.97%*
FIXED 5-YEAR TERM

2.47%*
VARIABLE 5-YEAR TERM

Apply by June 7, 2014.

With a rate this low, we can only offer it for a limited time.

To take advantage of this limited offer, talk to a Scotiabank® advisor today.

www.scotiabank.com/mortgagerates

You're richer
than you think.®



® Registered trademarks of The Bank of Nova Scotia.

* All mortgages are subject to applicable credit approval, Scotiabank residential mortgage standards and maximum permitted loan amounts. **Scotiabank 5-Year Fixed Rate Special** – The new mortgage must be set up as a 5-year closed term fixed rate mortgage at a rate of 2.97%. As of May 22nd, 2014, if there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.97% equals 2.95% (compounded semi-annually, not in advance). Where a typical appraisal fee of \$300 is assumed (actual appraisal fees may vary), the APR equals 3.02% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of \$100,000 with a 25-year amortization. **Scotia Flex Value® Mortgage Special** – Scotiabank Prime as of September 9, 2010 was 3.00%. As of May 22nd, 2014, the **Scotia Flex Value® Mortgage** – Closed 5 Year Term was 2.47%. If there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.47% equals 2.46% (compounded semi-annually, not in advance). Where a typical appraisal fee of \$300 is assumed (actual appraisal fees may vary), the APR equals 2.52% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of \$100,000 with a 25-year amortization. The **Scotia Flex Value® Mortgage** interest rate varies with Scotiabank Prime. These offers expire June 7th, 2014 but are subject to change or withdrawal at any time. The mortgage must be funded within 90 days of the application date. Other conditions may apply.

† Assuming a mortgage of \$270,000 with a 25-year amortization at a rate of 2.97%, switching to bi-weekly payments will decrease your amortization to less than 23 years and save you approximately \$14,130 in interest. Alternatively, assuming the same mortgage of \$270,000 with a 25-year amortization at a rate of 2.97%, if you keep your monthly payment frequency but apply annual lump sum prepayments of \$500 and increase your regular payments by just \$20 every year, after your first year, you will decrease your amortization to less than 21 years and save approximately \$18,923 in interest.

WORKPLACE GIVERS GET ALL THE LOVE

Never mind butcher, baker or candlestick maker.

The people who float your workplace boat these days are takers, matchers and givers, according to a rising star in workaday psychology, Adam Grant, the youngest full professor at the Wharton School.

This guy is only 32, but he's already figured out how to navigate the concrete jungle and has written a New York Times bestseller about it, called, naturally, *Give and Take*. He's also the subject of a recent article in *Slate*.

Even though Grant has the fast-track record we usually associate with a taker — those Gordon-Gecko-greed-is-good types so familiar in the mythology of corporate America — he tries to be a giver, not just because his research shows that nice guys (and girls) can finish first.

Givers are defined by the fact that they will take care of



JUST SAYIN'
Paul Sullivan
metronews.ca

other people with no expectation of reward. They do it precisely because they are selfless. So you can't game the give.

Most of us are matchers in the middle — I'll scratch your back with the understanding that you, at some point very soon, will scratch mine. Other people respect the matcher ethos, but no one actually loves a matcher, unless it's the matcher's mother, who is, by nature, a giver.

All the love is reserved for givers. Givers sow the seeds of harmony wherever they go. People want to work with them because they trust them ... and know they'll share the glory and take the blame.

Do you know anybody like that? If you do, you probably follow them around with big puppy eyes.

Takers are toxic. Grant says it's a good idea to keep a wooden stake, silver bullet and string of garlic handy to ward them

off. Well, he doesn't put it in precisely those terms, but he does say that the negative impact of a taker can be three times that of the positive impact of a giver.

They suck the lifeblood out of an organization.

There is an easy way to spot a taker and it's not only because he or she doesn't drink ... wine. "The main sign that someone's a taker is kissing up and kicking down," he writes.

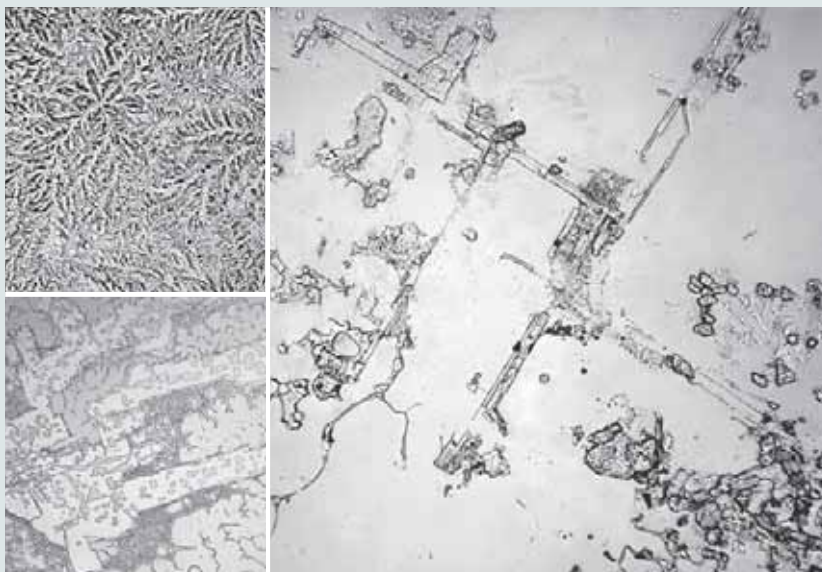
Just because you're a giver doesn't mean you put a Kick Me sign on your back before you go to work in the morning. Winning givers don't allow themselves to be kicked or stepped on; they don't overdo the giving to the detriment of their own work, and they give on a smartly scheduled basis as opposed to on impulse or whim.

Whatever you think (stop rolling your eyes), I think it's good to have permission to be a nice person. It's ironic to discover that while we've spent our lives learning to eat other dogs, happiness is a warm puppy.

And if you're a little bit good at being good, the rewards will come in your lifetime. Good dog!

ZOOM

Art that's worth crying over



In her series "The Topography of Tears," Los Angeles-based photographer Rose-Lynn Fisher captured tears of grief, pictured right, tears of remembrance, bottom left, and tears from an onion, top left. COURTESY ROSE-LYNN FISHER

Q&A

'Aerial view of my emotions'



ROSE-LYNN FISHER
Artist-photographer based in Los Angeles

What inspired you to turn human tears into art?

One day I was crying but stopped and wondered if my tears of grief would look any different from tears of happiness. When

I magnified them on a microscope, what I saw evoked a sense of place, like an aerial view of my emotional terrain. I was so intrigued by this that I started a project, which now comprises 100 of my own and others' tears.

How did you go about photographing the tears?

I collect a tear, put it onto a glass slide and view it through a standard microscope, magnified 10 to 40 times. After the tear sample has been either

air-dried or covered, I photograph it using a digital microscopy camera.

They do look like strange landscapes.

Exactly. I marvel at the visual similarities between the microscopic world and the macro world of landscapes. Patterns of erosion etched into the earth over millions of years can look like the branched crystalline patterns of an evaporated tear that formed in less than a minute.

Q&A BY ANTHONY JOHNSTON/MWN

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 17 in Scene, page 19 in Life and page 30 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

Worth mentioning. USDA projects to help protect soil, water quality

The U.S. Department of Agriculture is teaming with businesses, non-profits and others on a five-year, \$2.4-billion program that will fund locally designed soil and water conservation projects nationwide, Secretary Tom Vilsack said Tuesday.

Authorized by the new farm law enacted earlier this year, the Regional Conservation Partnership Program is intended to involve the private sector more directly in planning and funding environmental protection initiatives tied to agriculture.

He described the projects to be funded as "clean water startup operations" that will benefit communities and watersheds, a departure from the department's more traditional approach of focusing on individual operators adopting

Quoted

"It's a new approach to conservation that is really going to encourage people to think in very innovative and creative ways."

Secretary Tom Vilsack

practices such as no-till cultivation or planting buffer strips to prevent runoff into streams.

Universities, local and tribal governments, companies and sporting groups are among those eligible to devise plans and seek grants.

"By establishing new public-private partnerships, we can have an impact that's well beyond what the federal government could accomplish on its own," Vilsack said. "These

efforts keep our land resilient and water clean, and promote tremendous economic growth in agriculture, construction, tourism and outdoor recreation and other industries."

In addition to protecting the environment, the projects will bolster the rural economy by supporting tourism and outdoor recreation jobs while avoiding pollution that would cost more to clean up, he said.

The USDA will spend \$1.2 billion — including \$400 million the first year — and raise an equal amount from participants. Successful applications will include offers of cash, labour or other contributions, as well as plans for achieving measurable solutions and using new approaches, said Jason Weller, chief of the Natural Resources Conservation Service. **THE ASSOCIATED PRESS**

Disney has its wicked ways

Bold child's play

Angelina Jolie all in as villain

Angelina Jolie taking on the title role in *Maleficent*, telling the story of Sleeping Beauty from the villain's perspective, might have seemed like a no-brainer, but Jolie herself had her doubts. "I was a bit nervous to take her on. I don't have a big theatre voice. I don't do things that are kind of comedic. This is such a crazy idea. I'm a fairy? 'How was your day, honey?' 'I was a fairy,'" Jolie remembers telling husband Brad Pitt. "I was so challenged by it. For me as an actress to do something where I'm not taking myself so seriously or doing it for myself or doing it for art — just to remember what it is to play and entertain and try something bold."

But once she had the horns and the head-dress and the augmented cheekbones and nose in place, she just went with it. "There's no halfway. If you're going to do it, you can't just kind of do it. You have to go fully into it and enjoy it," she says. "The original was done so well and her voice was so great. The way she was animated was so perfect. If anything, I was worried I'd fail the original. I practised a lot with my children. When I got them laughing, I figured I was on to something — well, they laughed, they cried." **NED EHRBAR/MWN IN HOLLYWOOD**

It's not all Mouse ears. Disney horns in on the dark side of fairy tales from the winged demon of Fantasia to *Maleficent*



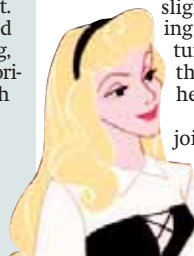
IN FOCUS
Richard Crouse
scene@metronews.ca

Hear the name Disney, and your first thoughts are likely about Mickey Mouse ears, Mary Poppins or the song Let it Go. Uplifting notions born from a company that brags it owns the Happiest Place on Earth.

But for all the cheery feelings the Mouse House has given us over the years, Disney villains have also inspired a nightmare or two.

This weekend, *Maleficent* creeps into theatres. Starring Angelina Jolie, it is the story of how the Sleeping Beauty villainess became evil after being betrayed by a child. With plumped up cheekbones and headgear with demonic horns, Jolie looks like something from a hellish Hieronymus Bosch painting.

"She isn't the pretty princess," says the actress. "She isn't a beautiful queen. She's a very awkward, pointy, slightly scary-looking horned creature who goes through a lot in her life."



Maleficent joins a long list of dastardly Disney villains to inspire sleepless nights.



Angelina Jolie with her daughter Vivienne in a scene from *Maleficent*. FRANK CONNOR/DISNEY/THE ASSOCIATED PRESS

Scar

In *The Lion King*, Scar (voice of Jeremy Irons) is the brother of the king, Mufasa (James Earl Jones). In a Shakespearean twist, Scar murders his brother and banishes his nephew to gain control of Pride Rock.

Most evil line? "Long live the King." — Scar to Mufasa before killing him.

Cruella De Vil

In the 1961 animated film and the 1996 live-action film, 101 Dalmatians, Cruella De Vil (voice of Betty Lou Gerson in the cartoon, Glenn Close in the flesh) is a diabolical fashionista who wants to incorporate puppy pelts into her wardrobe.

Most evil line? "Darling, I

live for fur. I worship fur!"

Queen Grimhilde

Vanity pushes Queen Grimhilde (Lucille La Verne in the 1937 animated version) to try and destroy the life of her stepdaughter (Adriana Caselotti) in *Snow White* and the Seven Dwarfs. The evil queen can't bear the thought that there is someone more beautiful than she, so she first orders her huntsman to kill Snow White and cut her heart out and when that doesn't work, she feeds the pretty girl a poisoned apple.

Most evil line? "Mirror, mirror on the wall, who's the fairest of them all?"

Chernabog

Hands down, the scariest vision in any Disney film has to be Chernabog, the winged demon who briefly appears in the *Night on Bald Mountain* sequence of *Fantasia*. He is the essence of evil and according to Villains Wiki, his hobby is bringing the dead back to life so he can kill them again.

Discussing the character in an interview, Walt Disney referred to him as Satan.

Most evil line? Chernabog doesn't have any lines. When you're this bad, you don't need dialogue.



2
SCENE

Choose one:
A) Fees B) No fees

It's that simple.



Tangerine.ca | 1-888 Tangerine

Tangerine
Forward Banking

Tangerine is a trademark of The Bank of Nova Scotia, used under license. Forward Banking is a registered trademark of Tangerine Bank.

TODAY'S HOROSCOPE:

Neptune is suggesting that now may be the perfect time to get the Metro News App

Is the new Metro News App in your future? It should be — especially if you want access to the Metro News features you love, including horoscopes, local news, sports, entertainment and much more.



Download the Metro News App today at metronews.ca/mobile

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Manhattan's got a friend in David Schwimmer

MELINDA TAUB

Metro World News in New York City

David Schwimmer is one of the *Friends* I'd vaguely lost track of since the series came to an end. Is he the one playing an aging sitcom star on cable? No, that's Lisa Kudrow. Is he the one who's totally over Brad Pitt? That's Jennifer Aniston. Oh, now I remember. David Schwimmer is the one who battles crime.

Well, he fought for justice this week at least. Police were investigating an altercation between a suspected male prostitute, his john, and a third man that broke out at 5:40 a.m.

on East Sixth Street in Manhattan's East Village, where the sitcom star owns a brownstone.

The 26-year-old John was taken to Bellevue Hospital with stab wounds on his face, while the 21-year-old alleged prostitute was treated for slashes on his arm. Police had only one man's word against the other's until they realized that security cameras outside Schwimmer's home had caught footage of the altercation, according to the *New York Post*. Schwimmer gave the NYPD the tape, which might be used in court.

Schwimmer bought his brownstone for \$4 million US in 2012, and he's been heavily renovating it ever since, to the consternation of his neighbours. However, this incident might convince the other Sixth Street residents that good *Friends* make good neighbours after all.

Rachel Bilson shows off her baby bump

Rachel Bilson isn't hiding the fact that she and longtime boyfriend Hayden Christensen are expecting. The couple headed to Barbados for a quick vacation, with Bilson showing off her growing baby bump in a black bikini, according to *Us Weekly*. "They've talked about this for a while and are so excited," a source tells the magazine. "Everyone is beyond thrilled for them."



Rachel Bilson



Macaulay Culkin ALL PHOTOS GETTY IMAGES

Macaulay's 'pizza band' too cheesy for British audience

It was a *Blues Brothers* moment for actor Macaulay Culkin and his band Pizza Underground on Sunday at the Dot to Dot Festival in Nottingham, England, when fans turned on the comedy cover group by booing them and even throwing beer onstage.

Unfortunately, Mac couldn't turn it around with a pizza-themed version of *Rawhide* to get the crowd going; the *Home Alone* star and the rest of Pizza Underground allegedly walked off stage smelling like booze after only three songs — but not before they performed a cover of Lou Reed's *Perfect Day*, calling it *Pizza Day*.

Culkin's band covers Velvet Underground and Lou Reed songs but changes the lyrics around to be about pizza.



Harry Styles

Kendall can't get over Harry Styles

While Harry Styles and Kendall Jenner's brief romance has been over for months, Jenner reportedly "just can't get him out of her head" and hasn't stopped calling the *One Direction* star "despite their romance fizzling out months ago," according to *Star* magazine.

"Now Kendall desperately wants him back. She loved the attention dating Harry gave her, plus she really fell for him big time," a source says.

Where the buffalo roam

Yellowstone. This massive, famed park stretches across three states — you need a plan to see it all

Old Faithful likely comes to mind when you think of Yellowstone National Park. And it's certainly worth seeing, along with other geysers. But the geysers are just the start of what Yellowstone offers: hiking, biking, camping, fishing, wildlife-spotting and more. Yellowstone National Park covers 8,992 square kilometres over three states — Wyoming, Idaho and Montana.

With stops along the way, it can take two full days to drive the 230-kilometre Grand Loop. Here are some Yellowstone basics, starting with the geysers.

Geysers

Most of the park's easily accessible and most famous geysers are concentrated along a 50-kilometre drive in the middle of the park, from West Thumb, Wyo. to Madison Junction, Wyo. and can be seen in a half-day.

Park visitor centres can provide predicted eruption times for about a half-dozen geysers. Some predictions are in windows of several hours, so you'll likely spend some time waiting. Old Faithful erupts every 60 to 90 minutes. The exact timing depends on the previous eruption, so the park can predict only one eruption at a time.

Several other geysers are within walking distance, including the tiny Anemone erupting every 10 minutes or so. A few more clusters of geysers and hot springs are a short drive north along Grand Loop.

If your timing is right, don't miss the Grand Geyser, the tallest predictable geyser in the world, reaching as high as 60 metres and lasting up to 12 minutes. You might have to wait a few hours, though. The Grand Geyser has been erupting every seven or eight hours.

Hikes

The Divide hike is about 5.6 kilometres round trip and takes you to the Continental Divide, the line where water flows toward the Atlantic from one side and toward the Pacific from the other. There's no sign or any other marker at the top, so you'll



You can't miss the bison herds in Yellowstone. ISTOCK

have to use your imagination. The park rates the hike as moderately strenuous, given the climb of about 225 metres. Mystic Falls is more scenic. The start of the trail is close to the Biscuit Basin cluster of geysers, so you can get geysers and a hike both out of the way with one stop.

Give yourself at least two hours for the drive from the geysers to Mount Washburn. The trail to the top is well-maintained, but the hike isn't for those out of shape: You'll climb some 427 metres to an elevation of 3,122 metres. There are two ways up: The longer route, from Dunraven Pass, is about five kilometres each way, but it's less steep than the Chittenden Road option. Take the same route down; the parking lots for each trailhead are 10 kilometres apart.

In the distance, you can glimpse Yellowstone's version of Grand Canyon, a gorge formed by the Yellowstone River. There's a fire lookout tower with an observation deck at the top.

Grand Canyon

Yellowstone's Grand Canyon

is worth its own visit. You have several long or short hikes to choose from, along either side of the canyon. If you're pressed for time, drive to the Upper and Lower Falls and view the rapids before a pair of drops into the canyon. For both falls, use paved overlooks or take short hikes for closer views. Visit the Upper Falls in the afternoon for a chance to see rainbows.

Wildlife and driving

Yellowstone is home to bison, moose, elk, bighorn sheep, wolves and grizzly bears. If you're looking to see a certain type of animal, ask at visitor centres where to go and the best time of day. Cars stopped or parked haphazardly along a road usually means there's something worth seeing. You can't miss the bison herds, but for other creatures, you may need binoculars.

Biking and Boating

You can bike along the Grand Loop on your own bike or by renting one near Old Faithful. There are boating and fishing opportunities as well; permits are required.

Getting there and lodging



The Grand Prismatic Spring in Yellowstone National Park.

JIM PEACO/YELLOWSTONE NATIONAL PARK (FLICKR: YELLOWSTONENPS)

The bulk of the park is in northwest Wyoming and has five entrances, with gateway towns offering food and lodging.

The drive from the entrances to the main loop is long, so plan your access point and lodging carefully. There are nine lodges inside the park; consider switching hotels each night to be closer to another part of the park the next morning.

The park has a dozen campgrounds. Seven are first come, first served. Reservations for the others and for the lodges fill up fast.

Nearest airports with car rentals are in Cody and Jackson, Wyoming; Bozeman, Billings and West Yellowstone, Montana; and Idaho Falls, Idaho. If you have time, it may be cheaper to fly to Denver and drive the 885 kilometres to the park via Cody. **THE ASSOCIATED PRESS**

3
LIFE

Seeking success in spreading the word

Masters of making things known. Have you considered a career in content marketing?

SHAHEERAH KAYANI
TalentEgg.ca

With a growing amount of content online, content marketers are in demand now more than ever before.

Content marketing is all about providing valuable information or content to current and potential customers to build relationships, consumer trust, branding, and awareness.

According to HubSpot's 2013 State of Inbound Marketing Report, 60 per cent of firms are already using content marketing somewhere in their overall marketing strategy.

Here are four reasons why you should consider a career in content marketing:

Join a forward-thinking field
Content marketing is still pretty new and it is constantly changing.

Companies that use content marketing will see plenty of changes in both marketing methods and technologies in order to innovate new ways of executing content marketing. It's an exciting time to get on board as a content marketer.



As a content marketer, you get to use your creativity to create great content: everything from blogs and videos, to social media contests and infographics.
ISTOCK

Use your creative flair

Content marketing is all about finding new ways to market ideas and information.

The end goal? Connect to your audience to get traffic and leads.

Innovate and enjoy variety

Since content marketing is a dynamic field, you'll be able to bring new ideas to work every single day.

No matter where you go to work as a content marketer, you'll work on a variety of different topics — even if they share an overarching focus.

Connect with others and network

As a content marketer, you will need to know how to ask the right questions, find newsworthy stories and valuable marketing insights.

Whether it's online or in person, working in content marketing will connect you with a wide variety of people in your related industry. It's a great way to build your network.

What skills do you need to succeed as a content marketer?

- Writing and editing skills
- Experience with content management software such as WordPress, Drupal and Blogger
- The ability to collaborate across departments and teams
- Previous marketing experience
- Knowledge and good understanding of sales and marketing structure

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

No time to cook? Just get tuna and go green

Tuna and Bean Spinach Salad. Fish gives you protein, the beans offer up a dose of fibre, and spinach is packed with nutrients



DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD



From your fridge to your table in 30 minutes or less



This recipe makes six servings. EMILY RICHARDS

Sometimes the comfort of salad fits the bill for a quick dinner — especially when you can make it in about 10 minutes!

Looking for a new salad for the summer weekends or weeknight meals? This one has fresh lemon flavour and crunch from the spinach.

Pack the tuna mixture separately and then toss it when you need it if you are packing it for lunch or to take away to a friend's.

1. In a large bowl, stir together tuna, beans and red onion. Add lemon rind, juice, broth, oil and pepper; stir until well coated. Stir in spinach and toss until

leaves are coated. Divide among 6 plates to serve.

Ingredients

- 2 cans (6 oz/170 g) light tuna in water, drained
- 1 can (19 oz/540 ml) white kidney beans, drained and rinsed
- 1/3 cup (75 ml) finely diced red onion
- 1/2 tsp (2 ml) grated lemon rind
- 2 tbsp (25 ml) lemon juice
- 2 tbsp (25 ml) vegetable or chicken broth
- 2 tsp (10 ml) extra virgin olive oil
- 1/4 tsp (1 ml) freshly ground black pepper
- 8 cups (2 l) lightly packed baby spinach leaves

SUMMER CIRCUS SPECTACULAR

Saturday, June 14, 2014

HALIFAX FORUM

3 Shows: 1:00 pm, 4:00 pm and 7:00 pm

Admission	Price	Tickets on sale
Adults	\$30 ⁰⁰	Halifax Forum Box Office 1-888-311-9090 and
Children (12 years and under*)	\$20 ⁰⁰	All Ticketpro Outlets www.ticketpro.ca
Less than 2 years old*	free	

Taxes included + service charges

*Proof of age required. Program subject to change without prior notice.

Circus Office: 514-380-5501 ext. 229

Train for a career in Interior Decorating & Space Planning

Classroom to Career in just 60 Weeks!

successcollege.ca 902.865.8283



HEALTH, MIND AND BODY

Personal wellness helps with productive, happy lives

Health is more than just physical health — sleep, diet and social life are factors, too



SHUTTERSTOCK

Health and wellness can be thought of as being like a recipe to make a certain item of food.

For the finished product to turn out well, it requires the right balance of ingredients.

So, what is that recipe?

"It's more than just, 'Are you physically healthy?'" says Dr. Robert Strang, the province's chief public health officer.

He looks at health and wellness as being a combination of good physical wellness, mental wellness and emotional (or spiritual) wellness.

For people to lead happy, productive lives and age well, they need to have good health and wellness. As well, if a person is struggling with one of those components, it will impact the individual in other ways.

"Your physical wellness has a big impact on your mental and emotional wellness, and vice versa," says Strang.

On an individual level, there are things

people can do to improve their health and wellness.

To improve their physical health, people need to be physically active.

However, this is more than just scheduling times to exercise. There's a growing body of research which says prolonged sitting is bad for our health. For people who work at desks, this means they should get up and move around frequently throughout the day.

Eating a healthy diet is also important and the Canada Food Guide provides a good template for how to do that.

Getting a good night's rest is also key. To maintain good mental and emotional wellness, "there's a big piece around social connectedness," says Strang.

This means it's important for people to be connected with their family, friends and the community they live in. —Richard Woodbury



SHUTTERSTOCK

DISCOVER YOUR COMMUNITY

There are an endless number of organizations and groups people can turn to get help to improve their health and wellness in Halifax.

For example, grocery stores often offer nutrition classes, community gardens give people an opportunity to meet others and be active, while a phone call to 211 can help connect people with different community and social services.

"Go connect into your community and find what is out there," says Dr. Robert Strang, the province's chief public health officer.

Snoring? Feeling Tired? High Blood Pressure?

If you suffer with one or more of the above, you may be living with a common and treatable medical condition; Obstructive Sleep Apnea (OSA).

A convenient home test can help make the diagnosis and determine optimal therapy.



Book Your
**FREE Home
Sleep Test
Today!**

AvantSleep

Present This
Coupon for:
**Your FREE Home
Sleep Test
OR
A FREE CPAP
Cleaning and
Check-up**

**(902)-405-3557
AvantSleep.com**



CONTRIBUTED

Jazz fest gets people moving

One of life's great joys is listening to music, but it's even better when it's live. This year, the Halifax Jazz Festival runs from July 4 to 12, with most concerts taking place at its waterfront location.

"Going out to a show can be a real stress reliever," says Laura (Lulu) Healy, the festival's artistic director.

This is partly because of the many impromptu dance parties which inevitably break out.

Some of the headline acts this year are Allen Toussaint, the Hypnotic Brass Ensemble featur-

ing Yasiin Bey (a.k.a. Mos Def) and St. Vincent.

While there is a charge for most concerts, there are many free concerts this year — close to 50 free concerts and workshops being offered this year at the main stage and at other sites.

The festival also includes programming for children and has a program whereby children go out on Theodore Tugboat and learn from local musicians.

Volunteers are also needed for the festival. Sign up at halifaxjazzfestival.ca.

Support group talks healthy living, overcoming challenges

Guest speakers invited to plus-size group

Tara MacDonald sees firsthand the positive impact her non-profit organization has on the lives of people. NS Fit 4 U is a support group for plus-size people who meet on a regular basis to talk about

healthy and active living. By the time the six-week sessions are completed, many of the participants have started developing healthy eating habits and are losing weight.

The sessions are led by MacDonald and personal trainer Brennan Handy. As well, guest speakers such as a nutrition coach and a footwear expert also speak with the group.

"We just promote health," says MacDonald. "We want to create a forum where people feel safe to ask questions and share their dreams."

This also means people get to talk about their experiences and the challenges they've faced. MacDonald says the group members develop confidence in knowing they're not alone in the struggles they face.

The next session begins June 2 and there will also be a webinar this fall. There is no charge for participants.

MacDonald started NS Fit 4 U in 2004.

People who are interested in NS Fit 4 U should visit its website, nsfit4u.ca, to learn more about it and how to sign up.



CONTRIBUTED





Dr. van Aardt

Cosmetic Medical & Clinical Skin Care

Look your best.

1-888-421-5011 | drvanaardt.com

Halifax - Bedford - Truro Complimentary consultations.



CONTRIBUTED

Compounding fits medicine to patient

MacKay's PharmaChoice isn't your typical pharmacy. The Pleasant Street pharmacy does something known as compounding, which is creating pharmaceutical products from scratch to meet a person's individual needs.

Compounding takes many forms and includes transdermal therapies, which is developing creams which go through the skin and into the body rather than the usual method of ingestion. Compounding also involves developing other dosage forms such as suppositories, lollipops, and troches (loz-

enges) for both adults and children, as well as a wide range of veterinary preparations.

"If you had a child that needed to take medications but it wasn't available as a liquid or they didn't like the taste of it, then we could make a custom flavour or put it into the lollipop or put it into gummies," says compounding pharmacist Sabrina McLean.

Some people may not be able to tolerate the ingredients some pills contain — such as gluten, lactose, sugar and preservatives — and compounding allows the pharmacist to make the drug for them in a capsule without those additives.

All compounded medications are prepared at MacKay's PharmaChoice, but can be delivered directly to your home or any of Compass Pharmacies' seven metro locations.

There isn't a lot of public awareness about compounding.

"Physicians take what's on the market and try to fit it to patients," says McLean. "This is more like fitting the medication to the patient."

Compass Pharmacies also offers bio-identical hormones to treat menopause. McLean offers a one-on-one consultation to develop a treatment plan for clients and can develop creams which exactly match the hormones in one's body so they can be used more efficiently. People interested in compound pharmaceuticals should contact McLean.

CROMBIE REIT OFFERS INNOVATIVE BIKE ROOM

More and more people are looking to take advantage of active transportation methods to commute to work. In the case of cyclists, there are a few challenges they face. For example, where can they securely store their bike? After the ride, they may be sweaty and looking to shower. Where can they do that?

In the case of Crombie REIT, the commercial property firm has figured out a solution for the people who lease space from them. It's called the Bike Room and it's a secure bicycle storage facility located in the ground level of Barrington Tower, one of Crombie's properties.

The facility includes wall-mounted bike racks, day-use lockers, and male and female locker rooms with showers. The Bike Room also has nice amenities such as flat screen TVs, ironing boards and lots of electrical plugs for hair dryers, hair straighteners and electric razors.

"It's really a full-service area," says Elizabeth Engram, the manager of marketing and client relations for Crombie's downtown Halifax properties.

This makes it a great option for people who are looking to bike to work and want to get ready for work once they have gotten their ride in. As well, some users of the Bike Room go for runs on their lunch hours and then use the facility to get them ready



CONTRIBUTED

for when they return to the office.

The secure facility uses a swipe-access system and can be accessed just off Barrington Street, right where the pedway joins between Scotia Square and Barrington Place.

Another added bonus is the Bike Room includes a space for making minor bike repairs, and includes both a stand and a bike repair kit to help facilitate the repairs.

Some of Crombie's other downtown properties include Brunswick Place, CIBC Building, Duke Tower and Cogswell Tower.

LOCATION, LOCATION, LOCATION

One of the advantages of Crombie REIT's Bike Room is its central location, which is an added bonus for transit users.

"Scotia Square is the hub for Metro Transit downtown," says Elizabeth Engram, the manager of marketing and client relations

for Crombie's downtown Halifax properties.

In fact, 13,000 Metro Transit riders use the stops at the Scotia Square complex each day to ride on the regular buses, express buses and airport bus. Most of these buses have bicycle racks on the front of them.



CBI HEALTH GROUP

BETTER HEALTH
begins here...



treatment and services include:

PHYSIOTHERAPY • MASSAGE THERAPY • WOMEN'S HEALTH
OCCUPATIONAL THERAPY • ACUPUNCTURE • PSYCHOLOGY
MVA & WORKPLACE INJURIES • SPORTS INJURY MANAGEMENT

call us for more information

Halifax
6155 North ST
902.455.6771

Dartmouth
375 Pleasant ST
902.434.9933

Tantallon
5209 St. Margaret's Bay RD
902.820.3030

Bedford
1550 Bedford HWY
902.423.6666

Clayton Park
287 Lacewood DR
902.445.3644

www.cbi.ca/halifax



GOOD HEALTH STARTS WITH ZZZZ'S

Simmons has natural mattresses, duvets

Consumers today are looking for more natural products, and that holds true for their sleep. The good news is it's easy to source baby, kids' and adult mattresses, duvets and comforters made of natural products such as latex, wool and unbleached cotton. Even better, these products are hypoallergenic and antimicrobial.

Latex is tapped from the rubber tree (just like maple syrup).

"The nice thing with latex is it really cradles muscles," says Jordanna Caine, president of Simmons Mattress Gallery. "It takes pressure off your shoulders and hips, increases your blood flow and reduces tossing and turning. It is gentle and uplifting and eases tense muscles."

Simmons Mattress Gallery carries these natural products for infants, children and adults.

Getting a good night's sleep is crucial for

leading a productive, healthy life. Interestingly, research shows the average Canadian gets eight hours of sleep a night, says Caine, yet 60 per cent of Canadians report they always feel tired. This means most Canadians are not getting quality sleep.

"There is more to it than a mattress, but a mattress is your basic building block," says Caine.

Simmons Mattress Gallery has locations in both Halifax and Dartmouth. The company is celebrating its 15th anniversary in June.



CONTRIBUTED



CONTRIBUTED

Sleep disorder? Here's what you should know

Even though you're desperate for some quality sleep, there are four important questions you should ask about your sleep clinic.

WHAT ARE THE MOST COMMON SLEEP DISORDERS?

Adam Blackman MD, FRCPC, D.ABSM, is the chief medical director of MedSleep. He said the most common disorders he sees include obstructive sleep apnea, snoring, insomnia, restless legs syndrome, sleep walking and disorders of excessive daytime sleepiness.

HOW DO THE PROFESSIONALS AT

MEDSLEEP EVALUATE SLEEP DISORDERS?

"We usually start with a comprehensive questionnaire that allows to fully understand an individual's overall health and sleep schedule," explained Blackman. "This is followed by a meeting with a sleep medicine specialist and then any required sleep testing is arranged."

BUT WHAT DO THOSE SLEEP TESTS INVOLVE?

Blackman said there are two tests which help determine to diagnose sleep disorders. Level

3, or home sleep testing, analyzes the breathing parameters including oxygen, airflow, heart rate and breathing effort.

Level 1 testing involves a client sleeping in the clinic. Beyond monitoring the breathing variables, specialists monitor EEG (brain waves), eye movements and limb movements. Level one testing is primarily used to diagnose more complicated cases and non-respiratory breathing disorders.

"The level one sleep test would be considered the MRI of sleep testing whereas the level 3 home test would be the X-ray," Blackman said.

ADVERTISING FEATURE

Whether you are an avid runner wanting to hit the trail or an aspiring athlete, BioPed can help you be active and avoid injury this spring. Here are some tips:

➤ **Design a fitness program** with a variety of low impact activities – useful for training different muscle groups e.g. walking and swimming.

➤ **Avoid injury** by spreading activity throughout the week. Exercise 30-60 minutes daily and

increase your activity by no more than 10% per week.

➤ While regular activity can be helpful for some illnesses, it can aggravate others. It's always best to **check with your doctor** before beginning or increasing activity.

➤ **Use appropriate gear and proper form.** As the average adult takes approximately 10,000 steps/day, athletic shoes should be replaced every 6 months or so. Individuals with a flat or high foot arch are especially at risk of injury if the correct shoes are not worn. Buying the right pair and ensuring

a proper fit can be tricky.

In addition to carrying a variety of quality athletic shoes (all of which can accommodate an orthotic), BioPed Canadian Certified Pedorthists offer full biomechanical assessments, custom, hand-crafted orthotics, lower limb braces and compression socks.

BioPed

Weekly Clinics:

Bedford, Bedford Commons,
Dartmouth, Burnside Industrial Park

Bi-weekly and Monthly Clinics:

Bridgewater, King Street Shoes,
New Minas, Family First Medical,
Shelburne, Roseway Hospital

902-832-3777

Feel the comfort. Feel the difference.

And for the entire month of June, feel the savings, when we pay the tax on all in-stock Birkenstock™ Sandals!



June '14 Sale: We pay the tax on in-stock Birkenstocks



Hand-Crafted, Custom Orthotics



Orthotic-Friendly Footwear & Sandals



Custom & Non-Custom Lower-Limb Bracing



Compression Stockings

Before you go under the needle ...

There's a lot of information out there about botox and fillers, and Dr. Renier van Aardt wants you to have all the facts before having your cosmetic medical treatment.

Botox is a fast-acting prescription medicine applied to the expression muscles of the face around the eyes and eyebrows, mouth corners and many other areas, to relax movement and smooth lines and wrinkles. Fillers are used for areas that deflate and shrink as we age to plump up the skin, create lift and help smooth lines and wrinkles.

First, how long have these treatments been used?

Van Aardt said neuromodulators first gained popularity for the treatment of strabismus, a disorder where the eyes are not aligned. In the 1980s, two doctors from Vancouver noticed the beneficial cosmetic effects which led to a number of international studies.

"Over 100,000 studies have been published about neuromodulators making it the most studied prescription substance ever," van Aardt said. "Neuromodulators like Botox, Xeomin and Dysport are now being used

"OUR SKIN AND TISSUES HAVE A REMARKABLE ABILITY TO HEAL AND FILLERS AND BOTOX NOT ONLY ACT AS CATALYSTS FOR REPAIR, BUT ALSO CREATE THE ENVIRONMENT THAT ALLOWS OUR SKIN AND TISSUES TO RETURN TO THEIR ORIGINAL POSITION."

– Dr. Renier van Aardt MD, CCFP
Visit drvanaardt.com

as a treatment option for multiple medical conditions and the list keeps growing. Today, millions of treatments are safely performed every year worldwide."

One of the big Botox benefits is the quick and easy treatment and it's pleasing results. A visible difference can be evident as soon as a few hours after the treatment, but the effects usually peak after 10 days.



SHUTTERSTOCK

When starting Botox, van Aardt recommends treatments every three to four months for the first year to weaken the muscle area. After that, the treatments intervals will gradually prolong because the muscles reach a plateau of shrinking and weakening after about 12 months.

Non-invasive treatments can be combined with Botox to rejuvenate and firm the area while the Botox does its work. Van Aardt said the Botox needs to be done after and not before, so it doesn't spread to any unintended

areas.

Botox and Fillers go to work immediately and become a part of a dynamic process of tissue and skin healing and remodelling, he said, literally helping reverse the effects of aging in the treated areas.

"Patients that receive appropriate correction to begin with and maintain the results at appropriate intervals experience a remarkable continuing improvement over time and require less and less product and treatment intervals as a general rule."

Plus sized?

Spots have opened up for
June Sessions

Interested in **shedding pounds**
but not sure where to start?

Join us for
talk, peer support, and movement.



We're running a
Free 6-week workshop
in Dartmouth

Led by **personal trainer Brennan Handy** BscK, CPT-CSEP
Hosted by Beachbody **CTI coach Tara C. MacDonald**



Pre-qualify at tara@taracmacdonald.com

Open to Plus Sizes 20-28
Limit of 20 individuals per session.

Women Only

Sign up today!

May Special! 20% OFF

these great products from the Health Basket & Trophic!



Multivitamins



Neptune Krill



5-HTP



Slippery Elm

Trophic™ 
Defending your health since 1967



Chlorophyll



C-Punch



Here for your Health!

Quality Supplements • Vitamins • Organic Foods
Bulk Products • Body Care • Books • And More

978 Cole Harbour Road • 462-3765 •  Like us on Facebook

Sign up for our e-newsletter at www.healthbasketns.ca

Your mom was right — eat your veggies

One of the best ways to eat healthier is to focus on buying and preparing fresh fruits and vegetables, according to one nutrition expert.

Cathy Doyle is a clinical dietitian with Capital Health in Halifax who works with patients to help them find the right nutritional balance for healthy living. She says that as our bodies age, we need to concentrate on nutrient dense foods — foods that will allow us to get the vitamins and nutrients we need without packing on empty calories. Eating seasonal fresh fruits and vegetables is the best way to accomplish that.

“You need to get your nutrients in first before you take in too many calories, especially if you’re not as active as you should be,” says Doyle. “You also have to make sure your fibre needs are being met, and fresh seasonal fruits and vegetables are a good way to do that.”

Seasonal foods can also help with another problem that often leads to unhealthy eating — the problem of flavour. Boring food often causes people to make unhealthy choices, says Doyle. When flavour isn’t an issue, any old processed food will do. “If you buy sea-

“IF YOU BUY SEASONAL FOOD AT THE PEAK OF FRESHNESS, IT’S GOING TO HAVE A LOT OF FLAVOUR AND THAT’S GOING TO MAKE IT A LOT MORE INTERESTING. IT’S A LOT EASIER TO EAT HEALTHY FOOD IF YOU ENJOY IT.”

— Cathy Doyle

sonal food at the peak of freshness, it’s going to have a lot of flavour and that’s going to make it a lot more interesting. It’s a lot easier to eat healthy food if you enjoy it.”

There is also a heavy social aspect that comes with shopping for fresh food, especially at local farmers’ markets and outdoor stands. “You can get a lot of ideas from talking to the people who grow and sell the food,” says Doyle. “You may discover new vegetables that you’ve never tried before, or a new preparation method. Seasonal food is an experience.” — Tom Mason



SHUTTERSTOCK

FRUITS AND VEGGIES THAT ARE IN SEASON

Knowing the best fruits and vegetables to look for in every season goes a long way if you’re trying to switch to a fresh, healthy diet. Here are a few of the top picks for every season.

Spring

Asparagus
Beet greens
Lettuce
Peas
Rhubarb
Spring turnip

Summer

Greens
Beet greens
Blueberries
Carrots
Broccoli
Cabbage
Strawberries
Potatoes
Tomatoes

Fall

Apples
Asian greens
Brussel sprouts

Beets

Cranberries
Leeks
Pears
Swiss chard
Kale

Winter

Apple
Beets
Cabbage
Celeriac
Parsnips
Potatoes
Squash

HALIFAX JAZZ FESTIVAL

JULY 4-12, 2014 #THESOUNDOFSUMMER

HYPNOTIC BRASS ENSEMBLE FEATURING YASIN BEY (AKA MOS DEF)

BETTYE LAVETTE

THE LEE BOYS

TICKETS ON SALE NOW
FREE MUSIC DAILY AT THE FESTIVAL TENT

halifaxjazzfestival.ca
902-229-8821
JAZZ HOTLINE

@hfxjazzfest TWITTER
Jazz East FACEBOOK
HfxJazzFest INSTAGRAM

Suffering with Aching Feet?

There's more to foot care than just a pedicure.

85% of the population has problems with their feet. These problems can be addressed and treated by a Certified Master Pedicurist.

- ingrown toenails
- callous & corns
- thick discolored toenails
- skin & nail fungus
- dry, cracking skin
- diabetes, circulatory issues

If left untreated, these conditions can eventually lead to more debilitating problems.

Contact me today for an initial, complimentary consultation.



Amy Tobin, CMP

902-818-8826 or 902-464-1022

By appointment at
Independence Beauty Centres
245 Waverley Road

Day, Evening and Weekend
appointments available.

CBI IS A GOAL-ORIENTED TEAM

Specializes in physio, massage therapy and more

When it comes to recovering from an injury or wanting to improve your overall health, a one-stop shop for health care is the best choice.

CBI Health Group is a national leader in interdisciplinary rehabilitation services with five clinics in the Halifax area. When you walk through the doors of a CBI clinic, you know you're in good hands.

Physiotherapists, chiropractors, massage therapists, kinesiologists, psychologists and physicians work together as a

team to deliver precisely tailored, timely and predictable solutions at the right cost. For corporations and institutions, CBI offers several services such as job site assessments, work site set-up and training sessions.

With 20 years of providing the very best, community-based rehabilitation care to patients in Halifax, CBI remains an industry leader. CBI has 20 clinics in Atlantic Canada including five in Metro: Halifax, Dartmouth, Bedford, Clayton Park and Tantallon. CBI is also a national leader and is the largest, most diverse and best-managed company in the field. Today, CBI has over 165 clinics and facilities across Canada, represented by over 4,700 CBI staff and associates.

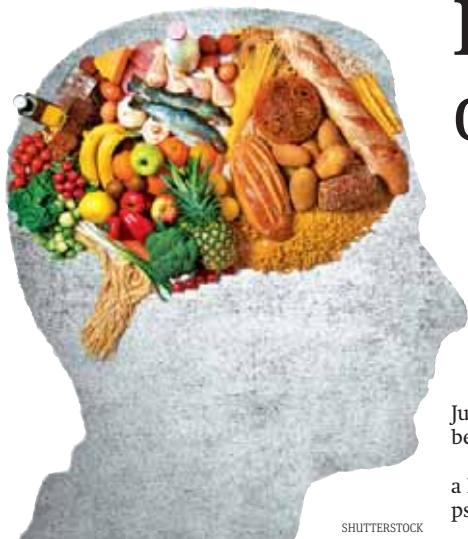
CBI offers the broadest range of services

to help clients of all ages and abilities with many different needs. The goal is to help clients maximize their quality of life and assist them in achieving their best possible health. These services are not only for extreme issues, but can help you manage your health on a regular basis.

CBI believes in creating relationships with customers and patients. The objectives are to improve access to health care services and continually strive to improve health outcomes for patients and communities, through learning, education and engagement. But it is the culture of the company which sets it apart. CBI recognizes the importance of measuring results, of setting goals, measuring progress, and working in collaboration with others as part of a team.



CONTRIBUTED



SHUTTERSTOCK

Exercise the mind for optimal mental health

Social interaction, switching routine, new hobbies all help mental fitness

Just like the body needs regular exercise to be healthy, so does the mind.

"We have to exercise the mind to have a healthy brain," says Elizabeth Berlasso, a psychotherapist with Capital Health.

While part of this mental stimulation

will come from activities we do, such as puzzles, reading and writing an email, it's also crucial to do things which overcome "routine and monotony in our daily lives," says the Alzheimer's Society of Canada's website.

For this reason, try new things: take a painting class, learn to play a musical instrument or go about your daily routine in a different order than you normally would.

Mental stimulation is one key ingredient, but it's not the only one. Eating a healthy diet is important as it helps maintain brain function and slows memory decline, says the Alzheimer's Society.

People also need to take steps to physically protect the brain. Research shows that young people are more likely to develop head traumas, so it's important to wear a seat belt while in a car and wear helmets while performing activities like cycling and rollerblading.

Staying socially active is also a must for good brain health.

"Research shows that people who regularly interact with others maintain their brain function better than those who don't," says the Alzheimer's Society.

Staying socially active can mean many things, such as having friendships, volunteering for a community organization or joining a book club.

Besides all these measures, it's important for people to actively engage their mind in the present, says Berlasso. People have habitual tendencies to focus on what might happen in the future, as well as think about what has happened in the past.



Mackay's PharmaChoice Compounding Lab: Medication Tailored to your Individual Needs

Do you have sensitivities to additives, irritants or preservatives in medication or health products?

Do you require a medication that is not available in a suitable dosage form?

Does your child have difficulty taking a medication due to taste or swallowing difficulties?

Does your pet require a medication that is not available in a palatable form?

At MacKay's PharmaChoice™ we can compound a variety of medications in forms such as suspensions, capsules, troches, creams, lollipops, and suppositories to the specifications of your physician. We also provide consultations on hormone restoration in women and men.



If given enough advance notice, compounded medications may be ordered and picked up at any of the below pharmacy locations.



Rx PharmaChoice

Moffatt's
Pharmacy
184 Portland St. Dartmouth
466-2345

18 Acadia St. Dartmouth
463-7651
2751 Gladstone St. Halifax
406-8080

Mackay's
PharmaChoice
205 Pleasant St. Dartmouth
469-4309

Westphal
PharmaChoice
85 Tacoma Dr. Dartmouth
434-3585

Kyte's
PharmaChoice
920 Cole Harbour Rd. Dartmouth
462-4770

The Passage
PharmaChoice
6 Cow Bay Rd. Eastern Passage
463-3558

**FREE
PRESCRIPTION
DELIVERY**

www.CompassRX.ca
www.PharmaChoice.com

TAKE STEPS TOWARD BETTER HEALTH

YOU DON'T HAVE TO RUN MARATHONS TO TAKE CARE OF YOURSELF — START HERE

You don't have to start training for an Ironman triathlon to start moving your lifestyle to the healthy end of the spectrum. Often the best way to make improvements is through a series of small tweaks. Here are a few ways to start working today for a healthier tomorrow.

STOP EATING FOODS YOU DON'T REALLY LIKE

Too many of us settle for convenience or familiarity when it comes to eating. It's just easier to grab something at the drive-through than to make a healthy lunch. Remember that we only have a limited number of calories that we can eat every day. Make sure every calorie is healthy and delicious.

WATCH YOUR SALT

We're not really talking about the salt shaker on the table. Processed foods today are loaded with salt – an ingredient that adds flavour without costing much money. Read labels and avoid buying foods high in salt; cut down on processed food, or better yet, cut it out of your diet altogether.

GET BACK INTO THE KITCHEN

The best way to make



sure your food is healthy is to make it yourself, preferably from fresh ingredients.

EAT YOUR VEGETABLES

And your fruits. When you sit down for a meal, about half the space on your plate should be taken up by vegetables. Eating at least three fruits and four servings of vegetables every day is a lot more effective than taking a multi-vitamin.

FIND SOMETHING FUN AND DO IT

If going to the gym is a drudgery for you, try rollerblading, gardening or martial arts. If you can find that perfect activity to look forward to, you won't even realize you're exercising.



KEEP EXERCISE GEAR CLOSE

A pair of dumbbells placed next to your office desk or an exercise bike in front of the television can be a great way to grab a quick workout. You can really get creative with this one.

STAND UP

New medical evidence suggests that the amount of time we spend sitting is having a serious effect on our health and wellness. At work, take a break for a few minutes every hour, get away from the desk and look out the window. If you can, try doing some of your work while standing.

– Tom Mason

SHUTTERSTOCK IMAGES



Carleen Hall

Psychological Services

We offer a private and supportive environment where you can openly express your concerns. It is our belief that therapy is a partnership in which we work together to gain insight and develop changes you wish to accomplish.

Encouraging Personal Growth and Well Being

250 Baker Drive, Suite 235 | Dartmouth, NS
ph: 902-406-7413 | fax: 902-406-7414 | www.carleenhall.ca

On the road to a healthy workplace!

ALL ROADS LEAD TO WELLNESS!

Ride your bike to work – we make it easy with our dedicated bike room facilities, all provided at no cost exclusively to the clients in our Downtown Halifax complex.

- Bike parking
- Lockers
- Showers
- Change rooms
- Secure/card access
- Bicycle repair kit with air pump

- Easy access from all buildings in our complex via the Barrington Tower elevators



HalifaxDevelopments.com





CONTRIBUTED

Health Basket has what you need for a vibrant living

Nutritional consulting, acupuncture offered

For more than 20 years, Health Basket has been metro's preferred destination for people looking to take control of their health, wellness and healing. In Dartmouth, it is the only natural health food and supplement store.

"Helping people on their journey to health is a deep passion for us," says co-owner Céline Burlock. "As part of that, we work

hard to bring in new organic products which are found to be cutting edge and effective, and stay up to date on the latest research and scientific breakthroughs."

In addition to providing supplements, vitamins and food, Health Basket offers acupuncture, alternative nutritional consulting services and starting in September, Health Basket will be offering Ayurvedic consultation. Ayurveda is a branch of yoga which also includes looking at one's lifestyle.

Health Basket also offers products by Trophic — a premium-quality provider of natural nutritional supplements — to offer a complete and thorough program consisting of cleanses, vitamins, raw protein and raw meals.

Health Basket is open seven days a week and on Tuesdays and Wednesdays, a seniors' discount is available.

Health Basket also has a loyalty program for nutritional supplements where customers can receive discounts on future purchases.

To find out the latest information about Health Basket, visit healthbasketns.ca.

Taking pedicures to a new level

Amy Tobin takes pedicures to a whole new level.

For starters, Amy is a certified master pedicurist (CMP). This designation was created in North America for pedicurists who have gone beyond the basic education.

She delivers European esthetic pedicures which go way beyond making the toes look pretty for sandal season. As a CMP, Amy has been thoroughly trained in proper hygiene as well as disinfection and sterilization techniques. As a professional, Amy knows about all kinds of skin and nail disorders, particularly when it comes to diabetic clients. Professional foot care is especially crucial to diabetic patients who need to keep their feet clean and moisturized.

"If you are diabetic, regular, professional



CONTRIBUTED

foot care needs to be a part of your life," she says.

Amy has years of advanced training under her belt, including Six-Star European Spa Training by the Steiner Academy in London, England. She was awarded the Highest Practical in Esthetics from Concepts School of Cosmetology in 2012. She's currently working toward earning a bachelor of science in podology.

A CMP pedicure is a level above, she added. Amy said she has a much better understanding of overall foot care because of her advanced education. She is self-employed and works out of Independence Beauty Centres at 245 Waverley Rd. in Dartmouth. Call 464-1022 or email amytobin.esthetics@gmail.com.



Independent Team Beachbody Coach

Tara MacDonald invites you to improve your health using

- FREE online Challenge Groups
- FREE membership to Beachbody site
- FREE Fit Clubs to work out with DVDs
- Beachbody home fitness DVDs
- Shakeology nutrition (protein drink)

SIGN UP TODAY!

www.taracmacdonald.com
tara@taracmacdonald.com

NATURAL SLEEP SOLUTIONS FOR BABIES, CHILDREN & ADULTS!



pure LatexBLISS™
atlanta london paris hong kong

Talay latex - eases tense muscles!

SEE IN STORE or our Website for more

We Fit you to the **BEST** Mattress for **YOUR** Needs!

WE ALSO PRICE MATCH*

Free local delivery on purchases of \$599+. Out of town delivery with reasonable charge • 60 day comfort guarantee Financing (OAC) Debit, Visa, M/Card
 *Details in store

Dartmouth Crossing

166 Hector Gate (near the cinemas)

435-5119

172 Chain Lake Drive

(Look for the big Simmons sign) Halifax

450-0233

SIMMONS
MATTRESS GALLERY
www.simmonsmattressgallery.net

SPORTS 4



The Canadiens' Rene Bourque celebrates scoring on Rangers goalie Cam Talbot on Tuesday in Montreal. The goal was Bourque's third of the game.
FRANCOIS LAPLANTE/FREESTYLEPHOTO/GETTY IMAGES

Habs still afloat after turbulent Game 5

NHL playoffs. Spotty goaltending on both ends makes for wild night in Montreal

Rene Bourque scored three goals as the Montreal Canadiens chased goalie Henrik Lundqvist and defeated the New York Rangers 7-4 on Tuesday to stave off elimination in the Eastern Conference final.

The Rangers, who lead the best-of-seven series 3-2, will have another chance to book a trip to the Stanley Cup final in

Game 5	
7	4
Canadiens	Rangers

Game 6 on Thursday night in New York.

Alex Galchenyuk, Tomas Plekanec and Max Pacioretty also scored for Montreal, which outshot the Rangers 28-27.

Derek Stepan, playing with

a guard on his helmet to protect a broken jaw suffered from a Brandon Prust hit in Game 3, returned to the lineup to score twice for the Rangers. Chris Kreider had a goal and three assists and Rick Nash also scored.

At 10:41 of the third, Rangers defenceman John Moore was given a major penalty and was ejected for a blindside, open-ice hit on Dale Weise that was almost identical to Prust's hit on Stepan. Weise was wobbly when he got up and went for treatment, but returned to the bench late in the period.

It was a night of strange bounces and spotty goaltend-

ing, even if New York's best chance of the game saw Carl Hagelin's shot stopped by the end of Dustin Tokarski's stick midway through the first period.

Lundqvist was pulled in favour of Cam Talbot after allowing four goals on 19 shots, while Tokarski stayed in despite allowing four on his first 14.

The Bell Centre went quiet after the Rangers scored three straight times in the second period to tie the game at 4, but exploded again when Bourque got his second at 15:10.

THE CANADIAN PRESS

MLB

Fielder undergoes neck surgery

Prince Fielder is recovering from neck surgery and not expected to play again this season for the Texas Rangers.

Fielder had a cervical fusion of the C5 and C6 disks in his neck Tuesday. The Rangers say the surgery performed in Dallas by specialist Dr. Drew Dossett went as expected.

Fielder faces rehabilitation that will "most likely" make him miss the rest of the season.

THE ASSOCIATED PRESS

MLB

Royals get good news from young pitcher's MRI exam

Royals pitcher Yordano Ventura will miss his next start after an MRI exam taken Tuesday on his sore right elbow showed no ligament damage. Ventura, whose 100-miles-per-hour fastballs have made him a rising star, was removed from Monday night's loss to Houston with discomfort in his elbow.

He was diagnosed with a mild valgus extension overload, a condition in which the repetitive stress on the elbow can cause pain in the joint. THE ASSOCIATED PRESS



Yordano Ventura GETTY IMAGES

Colley, Crosby among finalists for Sport Nova Scotia awards



Justine Colley JEFF HARPER/METRO

Sport Nova Scotia announced the finalists in seven of 11 categories for the 18th annual Ricoh Sport Awards Tuesday.

Justine Colley, who co-captained the Saint Mary's Huskies to a run for the CIS women's basketball title this year, on top of a bronze-medal finish the year before, is a finalist for Female Team Athlete of the Year.

During the 2014-15 season, Colley also became the all-time leading scorer in CIS women's basketball.

Soccer striker Nkem Ezurike, who made her debut for Team Canada in March, and national team kayaker Hannah Vaughan are also finalists in the same category.

The rest of the award finalists are as follows:

RICOH Team of the Year — Team O'Leary (Curling), Ailish McNulty and Anna Hetzler (canoe-kayak), Devan Dube and Greg Simms (sailing).

RICOH Female Individual Athlete of the Year — Ellie

Awards night

The award winners will be announced at a ceremony at the World Trade and Convention Centre on Saturday.

Black (gymnastics), Alex Duckworth (snowboard), Michelle Russell (canoe-kayak).

Ricoh Male Individual Athlete of the Year — Hunter Carroll (taekwondo), Mark de

Jonge (canoe-kayak), Hugh Smith (gymnastics).

RICOH Male Team Athlete of the Year — Sidney Crosby (hockey), Benjamin Russell (canoe-kayak), Alan O'Leary (curling).

Coach of the Year — Ueli Albert, (athletics), Lisa Haley (hockey), David Kikuchi (gymnastics).

RICOH Official of the Year — Dave Griffin (karate), Paul Hanson (basketball), Thorne Sutherland (gymnastics).

METRO



Li Na returns a shot against Kristina Mladenovic at the French Open in Paris on Tuesday. CLIVE BRUNSKILL/GETTY IMAGES

French Open. Grand Slam champs Li Na, Wawrinka stunned in first round

Much to her dismay, Li Na is familiar with this feeling.

She earns a Grand Slam championship, is heralded at home, then shows up at subsequent major tournaments and seemingly forgets how to win.

It happened in 2011, after her French Open triumph made her China's first player with a Grand Slam singles title. Happened again Tuesday, when Li was seeded second at Roland Garros but lost to someone ranked 103rd in the first round, not quite four months removed from winning the Australian Open.

"I didn't follow the game plan," Li said. "Didn't have any idea how to play."

Her 7-5, 3-6, 6-1 exit against Kristina Mladenovic of France in front of a partisan crowd on a cloudy, windy Day 3 came about 16 hours after the men's Australian Open champion, third-seeded Stan Wawrinka, was beaten in Paris — making

Canadians ousted

Aleksandra Wozniak and Sharon Fichman were defeated Tuesday in the French Open first round, leaving 18th seed Eugenie Bouchard as the last Canadian in the women's draw.

- Wozniak wasted a match point in her 6-7 (3), 7-5, 6-2 first-round loss to Romania's Sorana Cirstea.

- Toronto's Fichman lost to sixth seed Jelena Jankovic 5-7, 6-1, 6-3.

this French Open already unlike any Grand Slam tournament in history.

It's the first time that the men's and women's singles champions from the previous major lost in the first round.

THE ASSOCIATED PRESS

Jays' power display makes it 8 straight

MLB. Buehrle wins his league-best 9th game, team sets up chance for third straight sweep

The Blue Jays belted three homers and Mark Buehrle picked up his major-league leading ninth win as Toronto extended its winning streak to eight games Tuesday with a 9-6 victory over the Tampa Bay Rays.

Adam Lind, Edwin Encarnacion and Juan Francisco homered for the American League East-leading Blue Jays, who had 13 hits on the night. Buehrle (9-1) allowed eight hits and three earned runs over 6 2/3 innings.

Lind and Encarnacion hit back-to-back shots in Toronto's four-run fifth inning. Lind hit a two-run blast and Encarnacion followed with his 16th homer of the season, giving him a share of the major-league lead with Baltimore's Nelson Cruz.

Encarnacion also tied Jose Bautista's club record of 14 homers in a month, set back in June 2012.

Francisco added a solo shot in the seventh inning and Casey Janssen worked the ninth for his eighth save as Tampa Bay (23-30) lost its second straight game. Toronto



The Blue Jays dugout reacts after Edwin Encarnacion hit a home run against the Rays on Tuesday at Rogers Centre. STEVE RUSSELL/TORSTAR NEWS SERVICE

On Tuesday

9

Blue Jays

6

Rays

(31-22) will go for the sweep of the three-game series on Wednesday night.

Both Buehrle and Tampa Bay starter Alex Cobb (1-2) were quick and efficient over the first three innings.

The Rays opened the scoring in the fourth when Sean Rodriguez hit a flare that dropped in to shallow left field, allowing Evan Longoria to score from second base. Logan Forsythe made it a two-run game when he scored

from third on a Wil Myers groundout.

The Blue Jays pulled even in the bottom half of the frame.

Lind hit a one-out single and Encarnacion walked. After Francisco lined out, Brett Lawrie of Langley, B.C., drove in Lind with a single and Dioner Navarro brought home Encarnacion with another single.

THE ASSOCIATED PRESS

Pacers coach confident in team's comeback chances

Frank Vogel stood with his back against a wall, seeming perfectly comfortable.

He's hoping his Indiana Pacers can do the same.

The Pacers' season of great expectation is now in great trouble, with the Miami Heat leading the Eastern Conference finals 3-1 heading into Game 5 at Indianapolis on Wednesday night. The Heat have won three straight in the series, and are now one win from ending the Pacers' season for a third consecutive year.

"I think any time you lose three in a row in the playoffs, it shakes your confidence some," Vogel, the Pacers' coach, said in a downtown Miami hotel lobby before his team headed to the

'Home-cooking'

\$25K

The NBA fined Pacers forward Paul George \$25,000 on Tuesday for public criticism of Game 4's officiating.

airport Tuesday. "But we can't worry about that. All we've got to worry about is coming back and winning Game 5."

"We've won one game in each playoff series that we've played here the last two years. We should have confidence that we can do that."

It's safe to wonder if confidence is in short supply, though, as the Pacers seem to

be rattling.

Some Indiana issues in the last three games include: floundering late to lose Game 2 at home, blowing a 15-point lead at Miami in Game 3, Lance Stephenson calling LeBron James out before Game 4, Roy Hibbert failing to score a point Monday and Paul George and David West both putting that loss on one-sided officiating.

"Home-cooking," George said.

Added West: "We learned some new rules."

Vogel said he wasn't bothered by what George said, and declined to say if the Pacers would argue Game 4 officiating points with the league office.

THE ASSOCIATED PRESS

Thunder tie up series vs. Spurs behind Ibaka's surge

Serge Ibaka of the Oklahoma City Thunder goes up for a dunk against Danny Green of the San Antonio Spurs in the third quarter during Game 4 of the Western Conference finals at Chesapeake Energy Arena on Tuesday in Oklahoma City. Russell Westbrook had 40 points and 10 assists, and the Thunder beat the Spurs 105-92 on Tuesday night to tie the series at two games apiece. Serge Ibaka added nine points and eight rebounds for the Thunder.

JOE ROBBINS/GETTY IMAGES





AND YOU'LL BE DRIVING HOME A GREAT DEAL.

PULL-AHEAD BONUS CASH^a
\$1,000 + 1% RATE REDUCTION
ENDS JUNE 2nd
 PULL-AHEAD INTO A NEW VEHICLE SOONER.
 EXCLUSIVE TO OUR EXISTING FINANCE/LEASE CUSTOMERS.



AS GOOD AS
36
MPG
HIGHWAY



- 2nd row Super Stow 'n Go®
- Premium interior
- ParkView® rear back-up camera

— OR CHOOSE

\$18,995 AND GET **0%** OR CHOOSE **\$107** @ **3.99%**
FINANCING** FOR 36 MONTHS BI-WEEKLY FINANCING† FOR 96 MONTHS WITH \$0 DOWN

DODGE
DART 

AVAILABLE FEATURES

- All-Speed Traction Control System
- Four-channel antilock brakes
- Four-wheel disc brakes
- Hill start assist
- Ready-Alert Braking & Panic Brake Assist
- Ten air bags
- All-season tires
- Audio jack input for mobile devices
- BI-functional halogen headlamps
- Body colour power mirrors
- Electronic stability control & roll mitigation
- Keyless entry with panic alarm
- Power windows, driver one touch up/down
- Uconnect™ 200 AM/FM/CD/MP3
- Remote fuel door release



DODGE
JOURNEY



- Premium soft-touch interior
- 6 premium speakers with subwoofers
- Best-in-Class storage*
- Largest touch screen in its class*

— OR CHOOSE

\$18,995 AND GET **0%** OR CHOOSE **\$107 @ 3.99%**
FINANCING** FOR 36 MONTHS BI-WEEKLY FINANCING† FOR 96 MONTHS WITH \$0 DOWN

PURCHASE PRICE INCLUDES \$2,000 CONSUMER CASH.*



Jeep



dodgeoffers.ca

2014 Kia Rondo

- **Type.** Four-door, front-wheel drive compact 5 or 7-passenger wagon
- **Engines (hp).** 2.0-litre inline four-cylinder with direct gasoline engine (164)
- **Transmissions.** Six-speed manual, six-speed automatic
- **Base price (incl. destination).** \$23,460

Market position

Despite the popularity of larger crossover vehicles, these tall hatchbacks offer an excellent alternative for those who prefer a compact vehicle. The Rondo's features and quiet ride make it a stand-out in the category.

Points

- 5-year/100,000 km warranty covers almost everything on the Rondo, while wear items such as wiper blades and brake pads have 1-year/20,000 km coverage.
- Completely redesigned for 2013, the Rondo is currently offered in Canada, but no longer in the United States.
- Fuel consumption of 9.2 L/100 km city and 6.3 high-



As a hatchback, the Rondo comes with a spacious back end.

way (with automatic transmission) is best among its direct competitors.

Safety

Front, side, and curtain airbags; brake assist and distribution; hill assist control; vehicle stability control; rear view camera and parking sensors on EX trims.

Rondo is a great family choice

Review. The Kia Rondo is a smooth-riding option to accommodate the whole clan

JIL MCINTOSH
wheelbasemedia.com

I've always been fond of the so-called "tall wagon," a hatchback that combines the upright seating and practicality of a minivan or SUV, but with the compact footprint of a small car. The Kia Rondo fits the bill, in five-passenger seating, or with an optional third row for seven people.

There are three trim levels, and all use a 2.0-litre, four-cylinder engine that makes 164 horsepower, and 156 lb.-ft. of torque. The base LX trim starts at \$21,795 and comes with a six-speed manual transmission, but it's there for price, not sportiness. Most buyers will opt for the smooth-shifting six-speed automatic, optional on the LX, and the only choice on the EX and EX Luxury trims.

The Rondo is spacious and comfortable, while the top-of-the-line seven-seat trim level includes such features as parking sensors, panoramic sun-



PHOTOS: JIL MCINTOSH

roof, and heated and cooled leather seats for \$30,795, with navigation further available as an option.

It isn't the most fun-to-drive car on the market, but the ride is smooth, and it handles corners without feeling tippy despite its height. It's also confident and well-planted on the highway, and you can switch the electric power steering to feel lighter or more weighted, depending on your preference. It's also very

quiet, thanks to a considerable amount of sound-deadening material, and visibility is excellent all the way around.

Kia put a lot of thought into the interior, with numerous little items to make life easier for families. The EX models have integrated rear-window sunshades, eliminating the need to use suction-cup versions to protect children from the sun, and there's a rechargeable flashlight in the cargo area. If you get the five-

seat model, there's a large, covered storage bin under the cargo floor.

As with most tall wagons, it's easy to get in and out, especially for children or elderly passengers. The third-row's seats are nicely cushioned, but there's really only enough space for children.

Good-looking and thoughtfully engineered, the Rondo could well be a practical alternative to an SUV for many families.

Compare



- 1 Mazda5**
Base price: \$21,995
Rondo's closest competitor offers sportier handling, and seating for six.



- 2 Chevrolet Orlando**
Base price: \$20,195
Standard three rows and more powerful, but it's thirstier.



- 3 Dodge Journey**
Base price: \$21,495
Larger but still well-sized, and available with all-wheel drive.

5
DRIVE

GET MORE IN A FORD

THE STANDARD FEATURES YOU EXPECT AND SOME YOU DON'T

2014 FUSION S

OWN FOR ONLY \$139* FINANCED BI-WEEKLY \$0 DOWN WITH

FOR 84 MONTHS AT 2.99% APR. OFFER INCLUDES \$500 IN MANUFACTURER REBATES. OFFER INCLUDES FREIGHT AND EXCLUDES TAXES.

2014 IIHS TOP SAFETY PICK+

Applies only to optional front crash prevention models

STANDARD

- 6-SPEED SELECTSHIFT® TRANSMISSION
- VOICE-ACTIVATED SYNC®
- LED TAIL LAMPS

Unlock More. Only at your Atlantic Ford Store. See atlanticford.ca for details.



Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Uplift Program or the Commercial Fleet Incentive Program (CFIP). *Until June 30, 2014, receive [2.99%] APR purchase financing on new 2014 Ford [Fusion S] models for up to 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Get the above for [\$22,818] purchase financed at [2.99%] APR for 84 months, with \$0 down payment, monthly payment is [\$302] after total Manufacturer Rebates [\$0] deducted (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of [\$139], interest cost of borrowing is [\$2,480] or APR of [2.99%] and total to be repaid is [\$25,298]). Down payment may be required based on approved credit from Ford Credit. All offers include charges for freight and air tax of [\$1,750], options, license, PPSA, fuel fill charge, insurance, dealer PDI, administration fees, and any other applicable environmental charges/fees and taxes. All prices are based on Manufacturer's Suggested Retail Price. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.



A new condo tower in Toronto contains no parking spaces. MIKE GOETZ

You won't find a parking spot at this condo tower

Change in car culture.

42-storey condo first in Toronto to go "no parking," leading national trend



AUTO PILOT
Mike Goetz
drive@metronews.ca

Another mile marker on the way to big change in automotive culture is a new and soaring 42-floor condominium structure on University Avenue in Toronto.

It offers lots of amenities, a nice selection of counter tops and bathroom tile, a snazzy foyer, but nothing resembling a parking garage.

There are only nine parking spots and those are reserved for a car-share program.

It might be the first new-build condominium in the country to offer "no parking" for all, but it won't be the last.

Municipalities have always enacted bylaws that stipulate how much parking had to be included in new developments. In downtown Toronto, for example, the requirement is 0.6 parking spots per unit. In other areas it could be as high as two spots per unit.

But the pressure is on to get rid of these parking requirements.

To go "no parking," this Toronto condo had to receive special approval from city council. In Calgary, officials are seriously considering green-lighting a condo tower with similar car-free ideals. And in Vancouver, they are moving toward new zoning that

would allow developers to make their own calls about whether or not to put parking stalls in their buildings.

"This is the way we're headed," says Christopher Hume, the Toronto Star's architecture and urban affairs critic. "The people who live in these condos don't need or want a car. They choose these apartments and neighbourhoods so they don't have to go through the whole hassle of buying and operating a car."

Like we spoke about previously in this space, there is a young demographic out there which does not share the previous generations' drive for car ownership and car culture. That mindset is now making an impact on building design.

Throw in the growing popularity of such things as car sharing, Uber taxi, bicycling, and the pressure of land use in the city, and it's not hard to see why parking garages might become rarities in more and more urban neighbourhoods in the coming years. Hume adds that architects in the city are even contemplating a future where current underground garages might be re-purposed for other activities, such as studio space and light manufacturing.

As they are currently, parking garages are awful spaces.

Usually I feel nostalgic about anything car related going away. But a dank, filthy, underused underground garage somewhere downtown is not one of them. And I would say that even if I didn't get routinely lost in them. Just for the record, I think "exit" should mean "exit," and not, "go around in a circle a few more times, than try a left ... or right."

Quoted

"This is the way we're headed. The people who live in these condos don't need or want a car. They choose these apartments and neighbourhoods so they don't have to (buy and operate) a car."

Christopher Hume, architecture and urban affairs critic, the Toronto Star



2014 NEW Jetta TDI Clean Diesel

Well equipped, in stock & ready to go!



Save on fuel costs now. Get up to 61 mpg or 4.6L/100km**

WOLFSBURG CREST CLUB DEALER 2014



Purchase from:

\$145

/bi-weekly
Includes all taxes & fees!

\$0

CASH ON DELIVERY!

WE'VE GOT YOUR NEW

VW!

696 Windmill Road
Burnside in Dartmouth
Phone: 902.468.6411
TollFree: 1 888 785.2989
www.steelevw.ca

Steele

VOLKSWAGEN

*On approved credit, 96 month purchase loan. See Steele VW details. Stock#V77691**Transport Canada rating.

Don't let your vehicle overheat this summer. COLOURBOX PHOTO

Unlock More. Only at your Atlantic Ford Store.



Go Further
atlanticford.ca

Available in most new Ford vehicles with 6-month pre-paid subscription

Grand Caravan ready for family fun

Second gear.
2008 to 2014 Dodge
Grand Caravan

JUSTIN
PRITCHARD
drive@metronews.ca

The Dodge Grand Caravan entered its current generation for 2008, riding a sole long-wheelbase platform and packing new power, features and safety. Virtually unbeatable where size and passenger capacity for the money was concerned, the latest Grand Caravan continues its decades-long history as a best-selling family hauler.

Feature content, depending on the year and model, could include power sliding doors and liftgate, navigation, back-up camera, power-folding rear seats, rear-seat entertainment consoles, a pop-up activity table and plenty more.

The test drive

Some owners have reported a shorter-than-expected lifespan for various brake and suspension components, as well as tires. Be sure to have each of these inspected by a mechanic ahead of your purchase.

Note that squealing from the front of the vehicle typically indicates that a brake job is needed, and that any unwelcome clunking or popping sounds from beneath the vehicle are likely the result of a worn suspension part. Wheel bearings on older models should also be inspected.



CONTRIBUTED

Triple-check for proper operation of the air conditioner, and the rear-seat climate control system, too.

Be sure the transmission operates smoothly — and that it's been treated to on-time fluid and filter changes, avoiding any model that exhibits signs of slippage, clunking or unwanted noise from the transmission during gear-changes.

Budget for a full mech-

anical inspection ahead of your purchase, and complete a full fluid change and tune-up if the vehicle's service history is unknown.

Ensure the motorized doors and tailgate (if equipped) work as expected — opening and closing fully with no signs of resistance. Locate every button used to open each sliding door, confirming proper operation. Note that proper lubrica-

tion of the door tracks and chain drive on motorized motors can go a long way towards reliable operation.

What owners like



Space, comfort, noise levels and all-around utility and flexibility were highly rated by owners and their families. A great combination of affordable pricing and generous room helped round out the package. Grand Caravan is said to be accommodating.

Engines



All units in this generation Grand Caravan were powered by a V6 engine and equipped with an automatic transmission and front-wheel drive. Displacements range from 3.3 to 4.0 litres depending on the year and model. From 2012 on, all models got a new 3.6 litre V6.

What owners dislike



Typical owner complaints centre around poor fuel mileage on some models, cumbersome handling, and difficulty parking, given the vehicle's length.

The verdict

For maximum confidence from your new-to-you family hauler, stop in to a Dodge dealership with your potential new Grand Caravan for a pre-purchase inspection. With a clean bill of health and no warning signs of potential issues, you're well on your way to joining the huge community of Dodge Grand Caravan owners. Note that a 2012 or later model will boast superior performance and fuel efficiency, thanks to the new engine and transmission combination.

Service Directory

To advertise contact Tricia Brommit at 444-8329

May 28

MOVERS

EXPRESS MOVING

17ft Truck & 2 Movers
\$70/hr
No Gas Surcharge, No Km Charge, No Hidden Fees
Local & Long Distance
expressmoving11@gmail.com



483-2898

Uncle Leonard's
Light Trucking

**ONE MAN
ONE TRUCK**
\$35/hour



237-1603

CONSTRUCTION



Pouring Concrete?

We have the rebar and wire mesh you need.
Rebar cut to length – Wire mesh in various size mats.

Visa, MC, Debit 468-2526
150 Joseph Zatzman Dr., Burnside Park

FINISH CARPENTER

30 years experience in home construction, renovations, additions, kitchens, bathrooms, flooring, stairs, railings, crown moldings, windows, doors & trim.

LYNDEL MUNRO
902-252-5238

users.eastlink.ca/~lyndelmunro/

MASSAGE THERAPY

John Panter,
Certified Rolfer™



Are you
tired of
chronic
pain...?

902 425 2612 • fareast@auracom.com

AUCTION

ESTATE AUCTION

Saturday, May 31st

Dartmouth Sportsplex, Wyse Rd. at the MacDonald Bridge

8:30 am - Doors Open
9:15 am - Pre Sale
10:00 am - Main Sale



Approx. 700 lots including paintings by de Garthe, Purcell, Lloy, etc., 30 lots sterling silver, 30 oriental rugs, folk art, Royal Doultons, porcelain, antique & modern furniture. Also including Tomado 5-pc. drum set with cymbals, hardware & throne (burgundy), Casio electric piano, Bose speakers, Crosley turntable, Sony flat screen TV, XM-Sirius docking station, Sony 32" flat screen T.V etc.

See pictures online at www.crowther-brayley.com

Crowther & Brayley Ltd.
Auctioneers & Appraisers

902-423-3226 email: office@crowther-brayley.com

HOME IMPROVEMENTS

HEAT PUMPS \$33/mth
from as low as

COOL
in the
SUMMER!

\$SAVE
in the
WINTER!

Heat Pump Guys

902.444.7870 | www.heatpumpguys.ca

**Give it to a friend
at no extra cost.**

metro

REAL ESTATE

Portland Hills OPEN HOUSES & BBQ

Sunday, June 1st

BBQ from 1-2pm on Aquavista Lane
Open Houses 2-4pm

Aquavista Lane Joyce Richards, Coldwell Banker Supercity 442-9655
89 Pebble Creek Crescent Shereef Elkashari, Royal LePage Atlantic 223-7653
44 Whitehall Crescent Cathy Johnstone, Re/Max Nova 497-0639
87 Peblecreek Unit #305 Bruce Smith, People Realty Advantage 499-9401
131 Summer Field Way Helen Parker, Royal LePage Atlantic 453-1700
26 Surrey Way Jennifer Gillis- HomeLife Atlantic 401-6326
70 Collins Grove #23 Caylum Evong, Realty Connect 209-7488
15 Aspen Way Crescent Anthony Brown, Exit Realty Metro 240-4222
100 Pebble Creek Crescent Amanda Gaetz, Exit Realty Metro 452-3644
285 Portland Hills Drive William Campbell, Exit Realty Metro 266-6692
34 Diana Grace Mary Stickings, Re/Max Nova 719-7409
2 Rosewood Court Sandra Pike, Exit Realty Metro 478-8711



APARTMENTS

FIND YOUR PERFECT HOME

Fenwick Tower 5599 Fenwick St.

Dorms available for \$500
1 Bedrooms starting at \$825
2 Bedrooms starting at \$995
3 Bedrooms starting at \$1500
Call 830-7081
Email: gc@templetonproperties.ca



Palace Royale 333 Main Ave.

1 Bedrooms starting at \$975
2 Bedrooms starting at \$1200
Call Steve at 880-9111
Email: pr@templetonproperties.ca



TEMPLETON | PROPERTIES
Halifax's 1st Choice for Apartments

TempletonProperties.ca

realstar management
it's your home

Ask about our
rental incentives



SPRING GARDEN APTS
5770 Spring Garden Rd.
*Steps to Public Gardens & all
the shops on Spring Garden Rd.*
Bachelor, 1 BR, 2BR Suite

- Indoor Pool, Sauna & Fitness Facility
- 24/7 On-site Staff
- Pet Friendly (Cats & Dogs)
- 24/7 Laundry Facilities
- Underground Parking & On-site Storage
- Senior, Military & Capital Health Employee Discounts Available

1-888-472-1299 springgarden@realstar.ca



BEDFORD HEIGHTS
22-40 Bedros Lane
Overlooking Bedford Basin
**1BR + Den, 2 BR,
2BR Lge & 3BR**

- Modern Suites with Spacious Balconies
- 6 Appliances
- In-suite Laundry
- 2 Full Baths
- 24/7 Exercise Room
- Senior, Military & Capital Health Employee Discounts Available
- New Blinds
- Fob Access
- Cat Friendly
- 24/7 On-site Staff

1-888-698-1430 bedfordheights@realstar.ca



STONECREST VILLAGE
80 Chipstone Close
*Park-like setting close to
Bayer's Lake Park*
**1 BR, 2BR, 2BR Lge, 3BR & 3BR
+ Den** (No Security Deposit on Select Suites)

- Cat & Dog Friendly on Select Floors
- 5 Appliances**
- Private Balcony
- In-suite Storage
- 24/7 Deluxe Laundry
- Underground Parking
- Senior, Military & Capital Health Employee Discounts Available
- New Blinds
- In-Suite Laundry**
- 24/7 On-site Staff
- Community Room

1-888-551-3754 stonecrestvillage@realstar.ca



**GARRISON WATCH/HARBOUR
RIDGE** 5536 Sackville Street
In the Heart of Downtown Halifax
**1 BR, 1BR + Den, 2BR, 2BR Lge
Suites** (No Security Deposit on Select Suites)

- Modern Suites in Downtown Halifax
- In-suite Laundry**
- Cats & Dogs
- Spacious Suites
- In-suite AC**
- Senior, Military & Capital Health Employee Discounts Available
- 6 Appliances
- New Blinds
- Fob Access
- 24/7 On-site Staff

1-866-957-7054 garrisonwatch@realstar.ca

**Available in Selected Suites.

Follow us



For more information visit: www.realstar.ca

OCEAN FRONT LUXURY APARTMENTS

RIVIERA

LUXURY PENTHOUSE AVAILABLE

ADJACENT TO DARTMOUTH YACHT CLUB, BEAUTIFUL VIEWS OF THE HARBOUR

- CLOSE TO 3000 SQ FT
- HARDWOOD/QUALITY CERAMIC
- PANORAMIC PATIOS OVERLOOKING BEDFORD BASIN
- CHEF'S DREAM KITCHEN WITH GAS COOKTOP

- INDOOR SALT WATER POOL
- MOVIE THEATRE/PARTY ROOM
- FITNESS ROOM
- CAR WASH

CALL WAYNE 209-1110 • rentals@rivieraapartments.ca

visit metronews.ca

metro

AQUAVISTA LANE
Rent-to-Own
 for **\$1,500** per month



www.aquavistalane.ca
 Call 902.442.9655 for details

COLDWELL BANKER
 SUPERCITY REALTY

**Give it
to a
friend
at no
extra
cost.**

metro

THE ABIGAIL

1 yr FREE TV/Internet/Phone! Join us Sat. for a Spring Open House*

Have the best summer ever
in your new, bright, open-concept
apartment with a spectacular view!



902-402-2591 | 56 Jacob Lane, Bedford | theabigailapartments.ca
 *Some conditions apply. Open House 11-5pm.

**WORK TOWARD YOUR DREAM
OF HOME OWNERSHIP**

Rent to own a brand new home
in Halifax, near schools,
parks and shopping.
Call 902.444.7450
for information.



**For those without
a Metro, the
forecast calls for
"I dunno" with
a slight chance
of "Huhhh?"**

metro

ARIANA
DEVELOPMENTS LIMITED



DARYA SUITES
www.daryasuites.ca
LEASING NOW FOR JULY 2014
 6 Stainless Steel Appliances • Carpet Free
 Pet Friendly • Air Conditioning • Underground Parking
 1 Year Free Phone and Internet Services

COMMERCIAL LEASING Contact: Shereef Elkoshairi 902 989 0040 lease@arianadev.com
 APARTMENT RENTALS Contact: Sheila Cashin 902 989 0014 rent@arianadev.com

70 Gary Martin Dr., West Bedford

WOW!
\$1000 Move In Incentive!*

**Newly renovated 1, 2 & 3 BR units
Starting at just \$600**

Clean and spacious apartments.

Located on Rolieka Dr & Churchill Court, in Dartmouth.
 Comfortable walking distance to shopping,
 dining and banking. Short drive to Mic Mac Mall
 and Dartmouth Crossing. On Metro Transit
 Bus Routes #10 & #54

Call 902-830-1296
 or email pinegreenpark@hotmail.ca
 for more details.

*To new qualified tenants

The Huntington
 at 58 Holtwood Court

Now Renting
BRAND NEW BUILDING



Premium Amenities

- * Spacious 1, 2, & 3 Bedroom Suites from 995 to 2170 sq. ft.
- * Six Full Size Appliances Including Self Cleaning oven
- * Granite Countertops
- * Guest Suite & Fitness Room
- * Deluxe Tenants Lounge
- * Rooftop Terrace
- * Underground Parking
- * Indoor Car Wash Bay
- * Pet Friendly

Luxurious Living
On The Peak
Of Mount Hope
830-7595
info@blueiron.ca

6 Floors of Breathtaking Views and the Latest in Luxury

MetCap
LIVING
www.metcap.com

**Now Managing
Over 4000 Units
in East Coast!**

**Ask About our Pet
Friendly Apartments.
View Today!**



CALL TODAY TO FIND YOUR NEW HOME 402-4198 or 401-1835.

DARTMOUTH

31 & 35 Highfield Park Dr.
 11 Joseph Young Dr.
1BR \$609, 2BR \$659
 Utilities Extra. 1 Parking incl.
Call 402-6287

85-133 Pinecrest Dr.
1BR \$569, 2BR \$669, 3BR \$779
 Heat & Hot Water incl.
Call 401-2735

36-36A, 60, 65 & 81 Primrose
1BR \$599, 2BR \$719
 Heat & Hot Water incl.
Call 402-2915

28, 30 & 44 Primrose
2BR \$659
 Heat & Parking incl.
Call 440-3884

175 Albrow Lake Rd.
2BR \$759
 Heat & Hot Water incl.
Call 789-9932

24 Roleika Dr.
1BR \$619
 All Utilities incl.
Call 402-0481

104, 106 Albrow Lake Rd.
 127 Slayter
1BR \$569, 2BR \$649
 Heat & Parking incl.
Call 402-8886

15 Kennedy Dr.
ONE MONTH FREE
1BR \$579, 2BR \$619, 3BR \$729
Call 401-8312

14 Jackson
ONE MONTH FREE
1BR \$549
Call 440-3884

12 Trinity Ave.
1BR \$589
 Heat & Hot Water incl.
Call 401-2735

15/25/35 Leaman
Bach \$532, 1BR \$649, 2BR \$759
 Heat & Hot Water incl.
Call 789-9963

117 Albrow Lake Rd.
2BR \$695
 Heat & Hot Water incl.
Call 401-2735

40 Brule St.
1BR \$535, 2BR \$599
Call 401-2735

1-10 Crystal
1BR \$619, 2BR \$769
Call 830-9060

6-16 Nivens
1BR \$634, 2BR \$769
 All Utilities incl.
Call 402-6287

67 Caledonia
1BR \$595
 Heat & Parking incl.
Call 402-0481

7-11 Kennedy Dr.
1BR \$619, 2BR \$699, 3BR \$775
 Heat & Hot Water incl.
Call 402-0481

79 & 81 Lakecrest Dr.
1BR \$599, 2BR \$699, 3BR \$775
 Heat & Hot Water incl.
Call 402-4198

356 Windmill Rd.
1BR \$639
 All utilities incl.
Call 830-0474

5 Forbes St.
2BR \$689
 Heat & Hot Water incl.
Call 401-1835

2 & 4 Franklyn Crt.
BACH \$549, 1BR \$659
Call 830-9060

7 Jackson Rd.
Bach \$475, 1BR \$569
 All utilities incl.
Call 401-2735

19-32 Primrose
1BR \$569, 2BR \$659
 Heat & Hot Water incl.
Call 401-2735

87 Pinecrest Dr.
1BR \$659
Call 789-9981

1 & 3 Farlington Place
1BR \$659-\$899, 2BR \$799
 Heat & Hot Water included
Call 789-9981

384.5 Portland
Bach \$509, 2BR \$725
Call 402-4198

4 Crystal Dr.
2BR \$749
 Heat & Hot Water incl.
Call 401-2735

HALIFAX

1 & 11 Drysdale Rd.
2BR \$669
 Heat & Hot Water included
Call 830-1038

22-40 River Rd.
1BR \$549, 2BR \$669
 Heat & Hot Water included
Call 830-1038

451-540 Herring Cove Rd.
1BR \$599, 2BR \$699, 3BR \$775
 Heat & Hot Water incl.
Call 401-1835

211-221 Glenforest
3BR \$959
Call 830-2149

44 River Rd.
2BR \$679
 Heat & Hot Water incl.
Call 401-1835

Horoscopes

Aries

March 21 - April 20

Be as carefree as you please over the next 24 hours. No one will mind in the least. Not that you care what others think but it's nice to have fun without being called irresponsible.

Taurus

April 21 - May 21

You must hold out for what it is you know you deserve. The planets indicate it will be your rivals who blink first, so look and act tough and be tough in your approach to negotiations.

Gemini

May 22 - June 21

A new moon in your sign suggests whatever you start over the next 24 hours will work out well. Don't listen to those who say you should be cautious. It's your time to shine.

Cancer

June 22 - July 23

Because today's new moon falls in the most sensitive area of your chart, your best course of action over the next 48 hours is to withdraw from the world for. Start planning for the coming 12 months. They'll be special.

Leo

July 24 - Aug. 23

If you need advice of any sort today, don't be afraid to ask your friends. The current new moon means they will help in any way they can, but you need to ask them first. They won't just offer their opinions.

Virgo

Aug. 24 - Sept. 23

A new moon in the career area of your chart will give you the courage to make necessary changes on the work front. It's your life, it's your career and it's your choice as to what you do with them both.

Libra

Sept. 24 - Oct. 23

You have a lot to say for yourself and most of it is worth listening to, but be careful you don't say anything that might upset people whose support you are going to need.

Scorpio

Oct. 24 - Nov. 22

If you have been thinking of ways to make money, now is the time to come to a decision about your strategy. What you start over the next few days will reap rich rewards during the second half of the year.

Sagittarius

Nov. 23 - Dec. 21

It may be that your rivals have the advantage but what happens today and tomorrow will give you the courage, as well as the opportunity, to turn the tables on them.

Capricorn

Dec. 22 - Jan. 20

Keep doing what you are doing and don't listen to those who say you should be doing something else. The more they try to pick holes in your plans, the more certain you can be that you're on the right track.

Aquarius

Jan. 21 - Feb. 19

Today's new moon in your fellow Air sign of Gemini will inspire you to put your talents to good use. Relationships will go well too, so be assertive and dynamic and make sure others know what it is you desire.

Pisces

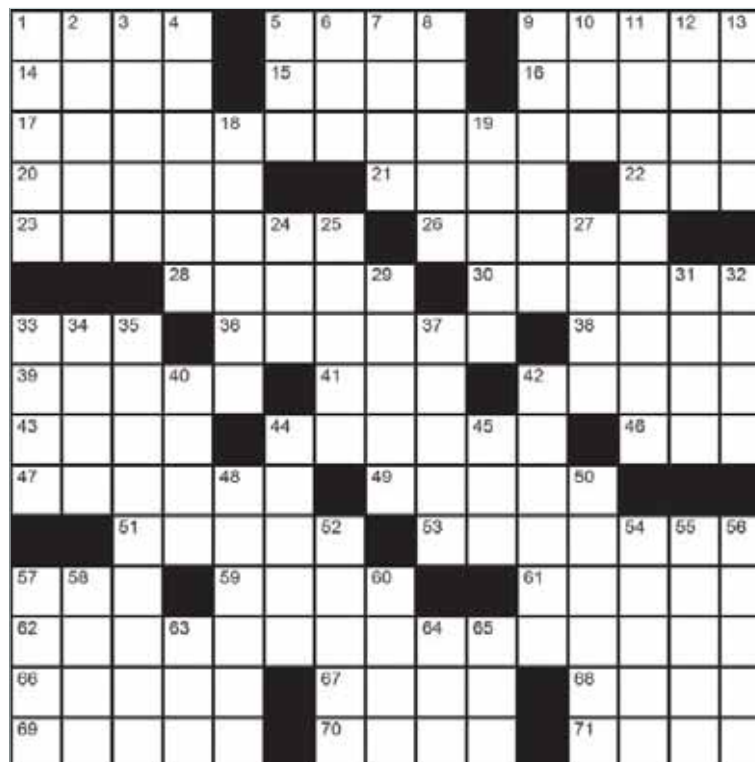
Feb. 20 - March 20

Be more open about your feelings, especially if you are the kind of Pisces who tends to keep your emotions bottled up inside. It is good to release the pressure. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. School subj.
5. Ancient Scot
9. Rocker David
14. Lebanon's locale
15. Chess piece
16. "Being ___" (Canadian series, 2009 to 2011)
17. NBL Canada team: 2 wds.
20. Dude
21. Hockey's Mr. Lindros
22. Music tycoon, Dr. ___
23. Shoppers Drug Mart: ___ Card
26. Book publisher, ___ Canada
28. Carpet: French
30. Metamorphic rock type
33. Dwindle
36. Country singer Mel
38. Lake for the Ontario municipality at #18-Down
39. Medicine Hat born actor Mr. Gerussi
41. "Peace" suffix (Pacifist)
42. Rocker Mr. Reznor
43. Value
44. "And Muzak filled the air / From ___ to Cuyahoga Falls." - The Pretenders, "My City Was Gone"
46. "___ of Love" (1989)
47. Singing span
49. Alberta: ___ Oil Sands Project
51. Australia's gem-



- stones
53. Cutely-named flower
57. Canadian author/broadcaster, ___Marie MacDonald
59. Badminton dividers
61. Separately
62. The Band song that

- starts "You can walk on the water...": 4 wds.
66. Shoe lace tip
67. Carry along
68. ___-for-now!
69. Demurely
70. Nylons nick
71. Brewery beverages

1. Perry Como's "Papa Loves ___"
2. "I'll have ___." (Lunchtime order)
3. Touch of colour
4. Be a survivor: 2 wds.
5. For
6. "Am ___?" (Query from backstage)

7. ___ about (Occur)
8. Capt. James ___
9. Passing ship's guide
10. Grampus
11. Nature's infernos
12. Champagne cooling container
13. Slacken
18. Leamington, the

- ' ___ Capital of Canada'
19. Tree growth indicators
24. News agcy.
25. English author A.A.
27. Nobleman
29. Embark embark-rassedly
31. Trigonometry ratio
32. Bristle
33. Spain: Zaragoza's river
34. Bric-a-___
35. ___-jeans
37. Michael McDonald's "___ Forgettin' (Every Time You're Near)"
40. Tide type
42. Clan's cloth
44. Tennis great Monica
45. Flight simulators co. headquartered in Saint-Laurent, QC
48. "Nasty Girl" by ___ 6 (Trivia! The lead singer of this '80s trio is Canadian)
50. Oscar-winning actress Ms. Nyong'o
52. RBIs, e.g.
54. Warship-related
55. Furious
56. ___ Shrugged (Ayn Rand novel)
57. Sorrowful sigh
58. Virtually, in verse
60. Hospital readout
63. Sushi bar's 'Unagi' ___
64. Jennifer Lopez ___ J.Lo
65. Mr. Philbin, to pals

Yesterday's Crossword

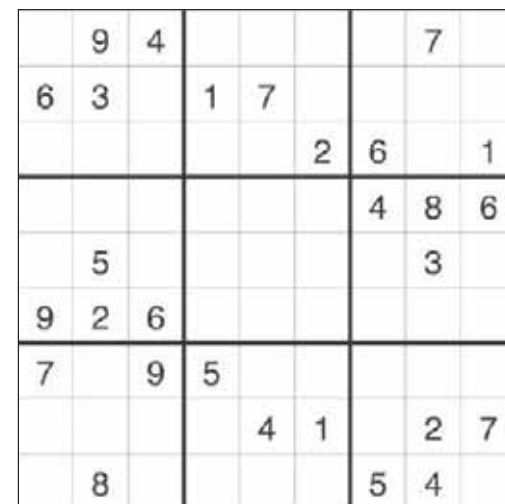


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



15°/2°
Partly cloudy

Thursday



19°/6°
Partly cloudy

Your #1 weather forecast now available in HD.

Check your local listings for details.



©The Weather Network 2014



Train For a Career in **Business**
at our **Dartmouth** and **Halifax** Campuses!

Enrol Now! 1-855-354-5627 [JOBS]



Academy
OF LEARNING
COLLEGE

www.academyoflearning.com

METRO'S #1 TRUCK CENTRE

HURRY! AVAILABILITY IS LIMITED!

Take the whole CREW!
OVER 100 2014 RAM SERIES TRUCKS AVAILABLE!



ONLY
\$205
BI-WEEKLY

**2014 RAM
1500 SXT
CREW CAB
4X4**

- REMOTE START
- SXT APPEARANCE GROUP
- U CONNECT HANDS FREE
- REAR BACK UP CAMERA
- FOG LIGHTS
- TRAILER BRAKE CONTROL
- CLASS IV HITCH

DARTMOUTH
DODGE
EXCLUSIVE
N/C REMOTE
START

WAS \$44,635
**NOW
\$29,995**



ONLY
\$299
BI-WEEKLY

**2014 RAM
1500 LARAMIE
CREW CAB
4X4**

- REMOTE START
- 8.4" TOUCH SCREEN
- REAR BACK UP CAMERA
- POWER SUNROOF
- LEATHER INTERIOR
- TRAILER BRAKE CONTROL
- CLASS IV HITCH

NOW **10**
IN STOCK TO
CHOOSE
FROM

WAS \$59,455
**NOW
\$42,920**

THESE AMAZING DEALS ARE ONLY AVAILABLE AT DARTMOUTH DODGE!



61 ATHORPE DRIVE, DARTMOUTH, NS
(902) 469-9050 **ddodge.com**

* Prices Exclude freight, taxes and Fees. Payments Include Freight, Taxes and Fees. OAC. All Rebates to Dealer